

GENERATIONS



THANKS TO YOU!

Thanks to YOU... 79-year-old Margaret, who lives alone, no longer has to make do on a can of soup a day and a sandwich when she could afford it. After losing 45 pounds a neighbor suggested she contact Seniors First about Meals on Wheels - but she didn't want to do that as she felt there were probably people out there who didn't even have a can of soup. She didn't want to take the place of someone who needed it more than herself. But realizing her health was failing when she no longer had enough income to buy nutritious food, she made the call. With your help, she is now receiving 2 nutritious meals a day Monday –



Friday, delivered by volunteers who also check on her well-being. In her own words, "Meals on Wheels changed everything - this program has been a lifesaver" – thanks to you!

This story has a wonderful ending because of you. YOU helped Margaret and other seniors like her. Believe it or not, however, there are over 16,000 senior citizens over 60 years-old living in Orange County, FL who may not know where their next meal will come from. A shocking statistic. You help provide meals – one senior at a time - with your generous support. Thank you for caring! The onset of COVID-19 in the Spring of 2020

certainly brought new challenges but you made a choice to take care of the demographic most affected by the pandemic. With your generosity over 200 more seniors were placed onto service that were waiting for food. But the need to continue serving all those seniors remains great, particularly as more are added to services from the waiting list. Your contribution helps balance all funding sources and community partnerships, so no senior will be terminated from services due to lack of funds. For most that would be catastrophic. Seniors like Margaret need help, now more than ever, to remain living independently in their own homes for as long as possible– where they prefer to be. Thank you for being there for them.

DONOR SPOTLIGHT: THREE SIXTEEN CHARITABLE FOUNDATION

Always look for the silver lining in unfortunate situations. For Seniors First one silver lining of the pandemic is the Three Sixteen Charitable Foundation. For 20 years Douglas Kegler owned CollaborateMD, a software company that assisted medical practices and medical billing services. In 2019 Douglas sold the company and, together with his family, founded the Three Sixteen Charitable Foundation. Already generously giving to the community, the Foundation was a more formal way to continue giving back, both locally and in Venezuela where Zorely, Douglas' fiancée, is from. The mission of the Foundation is to invest in charities that share the same core values of their family; to give back to the community and to make positive impacts in the world. They believe that helping each other makes us a much stronger community.

With the onset of COVID-19, Douglas and Zorely focused on helping as many people as they could, with an emphasis on nonprofits

that serve the homeless, elderly, foster kids, kids with cancer, and people living in poverty. Douglas already had a connection with Meals on Wheels, as he remembers his grandma receiving them many years ago. What he distinctly remembers is how happy it made



her to get the meals and talk with the person delivering them. This connected the Foundation to Seniors First since they especially believe in helping others when it comes to food and particularly the seniors in the community who

live on limited incomes and face barriers to healthy food.

Seniors First is very grateful for the continued support we have received from the Three Sixteen Charitable Foundation. Their thoughtful contributions help keep the demographic most impacted by the pandemic safely at home with nutritious meals they can count on delivered by a friendly volunteer they can talk to. They help ease the isolation and loneliness that has become more widespread and deeper for so many vulnerable seniors who have no one else to turn to. Simply put we could not do what we do without our community partners – thank you!

In closing we would like to leave you with a message from Douglas and Zorely to our readers: "With your help Seniors First can continue to help feed the numerous aunts, uncles, grandmothers and grandfathers in our community who rely on them for meals."

PRESIDENT'S MESSAGE
Don't Stop Now

HOLIDAY GIFT DRIVE
Cards for a Cause

TURKEY TROT
Sign Up for the Thanksgiving Run!

PRESIDENT'S MESSAGE



So much is happening in the world right now. Just when we were beginning to start planning to slowly and safely get back in the community for in-person meetings and outreach again, the new threat posed by the Delta variant had another plan. If not for our dedicated direct service staff and case managers who battled the impact of COVID from the front lines to safely provide our essential services to clients, the consequences would have been devastating. Our volunteers also stepped up to assist in our community food pantry as well as deliver healthy, nutritious meals. While the benefit of the meal is clear, the safety check as well as a friendly smile, kind word and compassion brought additional comfort and helped to ease the fears many of our seniors were facing.

But the fight is far from over and we must remain engaged. Knowing that our country's senior population is expected to double by 2060, we were already bracing for an uphill battle as we entered 2020. When the pandemic hit, the already overburdened resources available saw an overwhelming number of new seniors become immediately in need of our

services and our protection.

When it comes to dealing with this kind of crisis, we have learned that it takes the combined efforts of many to ensure seniors are not overlooked. Last year, you demonstrated that you were here for us and we thank you from the bottom of our hearts. If it wasn't for the caring support of our community partners, monetary and in-kind donations from individual donors and grant funding from foundations to expand our services to meet the growing need in the community, we could not have accomplished all that we have during these difficult times.

Unfortunately, however our work is not finished. We still need to safely serve vulnerable seniors through the end of this pandemic and long into the future. So we ask you to Make Good Go Further and Don't Stop Now. With your support we can continue to be a safety net for seniors who deserve to age with hope, choice, and dignity. Thank you for all you do!

With heartfelt thanks,

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 truth is, the holidays can be a lonely time for senior citizens. Your gift of \$20 gift Walmart or Publix gift cards will allow them to choose the item they most need or want.

WAYS TO GIVE:

- Our elves will purchase gift cards for you when you **donate online at www.seniorsfirstinc.org** (Under "Additional Information" on the donate page please select "Option": Holiday Gift Drive.
- **Purchase Walmart or Publix gift cards** in the amount of \$20 each. Please do not wrap. Seniors First will wrap the cards as a special gift.
- **Checks** may be dropped off or mailed to Seniors First 5395 L.B. McLeod Rd. | Orlando, FL 32811 (Please make checks out to Seniors First, Inc. and note "Holiday Gift Drive" in memo)



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A MESSAGE TO ALL OUR DONORS

We at Seniors First are so grateful for the ongoing support from you – our loyal donors. Simply put we could not do what we do without you. We wish you could see the smiles of appreciation on the faces of each of our senior clients – thanks to you. To that end, we would like to thank each and every one of you for the difference you make every day in their lives. Over the past year and a half it has been challenging to get to know you, as face to face meetings came to a halt and the most popular form of communication became Zoom or other virtual platforms. But we want you know how grateful we are for all you do.

Thank you to all our new and existing donors, whether you are our government partners, corporations or organizations, foundations or individuals. We are sure many of you have senior family members and/or neighbors who are fortunate to have family or others that help take care of their needs as they age. But there are so many more that do not have anyone. Your support reminds them they are not forgotten. You help put nutritious food on their tables and keep them and their living

environments clean and safe – removing barriers to their independence and empowering them to remain living in their own homes.

In a manner that is safe and comfortable, we would be delighted to connect with you to further share the impact of your donation. That can mean joining us on a Meal on Wheels route delivering meals; attending a newly reopened Neighborhood Lunch Program; or meeting us for coffee at a time and place that is convenient for you. This would be a great opportunity to get to know each other better, provide more details about the programs of Seniors First and answer any lingering questions you may have.

Wendy Jackson and Marsha Lorenz would be delighted to meet you for coffee, have you visit our office, or simply chat on the phone. Please feel free to contact Wendy at 407-373-7754 or wjackson@seniorsfirstinc.org and Marsha at 407-615-8961 or mlorenz@seniorsfirstinc.org.

32ND ANNUAL SENIORS FIRST TURKEY TROT 5K - PRESENTED BY HUB

Bright and early Thanksgiving morning, friends, families and co-workers meet at beautiful Lake Eola for what has become an annual tradition. One of the oldest and largest fun runs in Orlando, the Seniors First Turkey Trot 5k draws up to 5,000 participants annually in this race to end senior hunger and support older adults in our community. The Turkey Trot has been an Orlando tradition for so long that we have people running with their children who remember participating as teens with their own parents! Each participant receives a race bib, event shirt and finisher's medal.

Whether you run, walk or jog, plan to be there to support Seniors First programs like Meals on Wheels, Neighborhood Lunch, In-Home Care, Guardianship and our Stepping Stone Medical Equipment Bank. All programs and services are designed to keep seniors living safe, healthy lives in their own homes where they prefer to be.

Costumes are the order of the day and you may well find yourself running alongside pilgrims, turkeys and the occasional super hero. Be there early to participate in the costume and turkey call contests! Race starts at 8am and we wrap up the morning with a Tot Trot for the little ones! To learn more and register for this year's race, go to www.TurkeyTrotOrlando.com See you Thanksgiving morning at Lake Eola!



THANKSGIVING MORNING THURSDAY, NOVEMBER 25
SIGN UP TODAY! TURKEYTROTORLANDO.COM



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.*



FOOD PANTRY MOVES TO THURSDAYS

The Seniors First Food Pantry has always served senior citizens in our community but March of 2022 will mark our fourth year since opening the pantry to all in our community in need. At the height of the pandemic our pantry had gone from distributing 3,700 lbs. of food a month to over 18,000 lbs. and while that number has dropped the need in the community remains strong.



Going forward our food pantry will be open the 2nd and 4th Thursday of each month from 9am-11am at 5395 L.B. McLeod Road Orlando, FL 32811. The food pantry is open to anyone in need. There is no application or qualifying process. All distributions are prepackaged and similar in content.

For more information or to donate, go to SeniorsFirstInc.org or contact Holli Francis at hfrancis@seniorsfirstinc.org | 407-615-8969



CALL FOR VOLUNTEERS

We are always looking for individuals to get involved!

Join the Meals on Wheels movement by delivering meals to seniors one day a week, Mon-Sat mornings.

Help out in our Food Pantry, open to the public on the 2nd and 4th Thursday of each month.

Groups of volunteers visit our Neighborhood Lunch Program interacting with seniors, playing games, and helping serve lunch.

Administrative Volunteers help out in the office with computer work, filing, processing paperwork and answering phones.

For more information, contact Volunteer program Supervisor, Maureen Sullivan at 407-373-7752 or msullivan@seniorsfirstinc.org