Looking back at 2019, more now than ever our efforts made a difference in combating the three biggest threats to aging: hunger, isolation and loss of independence. This would not have been possible without the strong belief and support in our community that the growing number of seniors facing hunger is unacceptable.

Seniors First nutrition programs and in-home services empower seniors to remain healthy and independent. While these programs are highly effective in meeting both the nutritional and social needs of these individuals, our waiting lists continue to grow.

Fast forward to 2020, we find ourselves navigating the ever changing circumstances created by the spread of the coronavirus. As an essential business providing meals and other critical services to our community’s most vulnerable senior citizens, Seniors First remains open and continues to operate. Our procedures have been modified to conform to all safety guidelines while keeping our clients, staff and volunteers safe and healthy, with limited disruption to services.

It is with a grateful heart that we share this message with all of you at this uncertain time. Thank you for joining and supporting us in our fight to alleviate hunger and provide hope to seniors who want to live healthy and independent lives. We could not do what we do without YOU!

Marsha L. Lorenz
President/CEO
SeniorsFirst
Meals on Wheels, in-home care and more.

FIRST FACTS

2019

Volunteer Hours Recorded: 23,895
Clients Served: 4,365
Meals Served: 323,158
Wards Served by Guardianship Program: 133
In-home Care Provided: 152,619
Pieces of Medical Equipment Provided: 654

COMMUNITY IMPACT

Meals on Wheels
96% report the volunteers make them feel less isolated.
93% report MOW makes it easier to live at home.
92% report MOW supports their well-being

Neighborhood Lunch Program
97% report they have something to look forward to.
92% report they worry less about food.

In-Home Care
94% report it helped them meet their daily living needs.
94% of caregivers reported less stress.

Stepping Stone Medical Equipment Bank
100% report their equipment makes it easier to complete activities of daily living.

Guardianship
100% protection of wards well-being maintained.
DID YOU KNOW?

- 1 in 6 seniors struggles with hunger.
- Seniors are the fastest growing group of people going hungry in America.
- 1 in 10 seniors is living below the poverty line.
- An estimated 10,000 Baby Boomers turn 65 every day.
- Nearly 90% of seniors say they prefer to stay in their own homes as they age.


HOW YOUR GIFT HELPS

- $267 provides a homebound senior with a month of nutritious Meals on Wheels
- $120 provides a lonely senior with 1 month of social activities and nutritious meals at our Neighborhood Lunch Program.
- $95 feeds 6 people for a week through our food pantry.

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PROGRAMS AND SERVICES:

Meal Programs

Meals on Wheels:
Provides nutritious daily meals, warm conversation and regular safety checks to homebound seniors throughout Orange County.

Neighborhood Lunch with Transportation:
Hot, nutritious meals in a social setting are provided weekdays at designated sites throughout Orange County.

Community Food Pantry:
Open the 2nd and 4th Wednesday between 9am-11am each month at the Seniors First Orlando office.

In-Home Care Program

Care Management:
Clients receive a custom care plan coordinated by a case manager who monitors their needs on a regular basis.

Personal Care Assistance:
Homebound clients receive general hygiene services such as bathing, shaving and dressing.

Homemaker:
Homemakers provide light housekeeping and management such as laundry, shopping and meal preparation.

Companionship:
Companions relieve loneliness by providing socialization, conversation and assistance with reading, running errands and shopping.

Respite Care:
A certified personal care worker relieves caregivers for a few hours at a time.

Stepping Stone Medical Equipment Bank:
Offers new and refurbished donated medical equipment and safety devices for seniors and adults with disabilities at little to no cost in Orange, Osceola and Seminole Counties.

Guardianship Program:
Seniors First acts as guardian of incapacitated adults who have been legally declared unable to care for themselves in Orange and Seminole Counties. Lawyers and trained staff manage legal and medical affairs.