



SeniorsFirst
Meals on Wheels, in-home care and more.

FALL 2023

GENERATIONS



CORPORATE SPOTLIGHT: ADVENTHEALTH

AdventHealth, one of the largest faith-based health care providers in the United States, encompasses more than 50 hospital campuses and hundreds of care sites in diverse markets throughout nine states. Their principles for caring for the whole person started more than 150 years ago with the founders of the Seventh-day Adventist Church. More than 90,000 skilled and compassionate team members in physician practices, hospitals, outpatient clinics, home health agencies and hospice centers provide individualized, holistic care.

Formerly known as Florida Hospital in the state of Florida, the health care system underwent a significant rebranding effort in 2019, changing its name to AdventHealth. This national change included their presence and network in other states and was made to emphasize the organization's Seventh-day Adventist heritage and its commitment to whole-person care for the body, mind and spirit, reflected in its brand promise – feel whole.

AdventHealth's Central Florida Division encompasses more than 20 hospitals and ERs in the six counties in and surrounding metro Orlando. The world-class hospitals, combined

with a comprehensive outpatient care network, see more than 3.5 million patient visits annually. AdventHealth also has an expansive research portfolio in Central Florida, with more than 500 clinical trials and studies in progress. Quality specialist care is provided through the AdventHealth Institutes, which are nationally recognized in numerous specialties.



The AdventHealth Central Florida Division is deeply committed to its mission of extending the healing ministry of Christ beyond their hospital walls. They have a strong tradition of community involvement and work with a wide range of community partners to help meet the needs of the Central Florida community. Last year, the AdventHealth Central Florida Division made a total of \$980 million of community investments. This includes investments in charity care, coverage shortfalls, community health services, health professional education and research, faith-based care and more.

The AdventHealth Central Florida Division is now implementing the recently developed 2023-2025 Community Health Plans. These plans feature goals and objectives to address the health priorities identified through the 2022 Community Health Needs Assessments for each of the hospitals and communities served. These plans and assessments help create heightened awareness around community health needs and the actions AdventHealth and their partners are taking to address these needs. This work is very collaborative and flexible in response to community need.

Seniors First is grateful to be one of the many nonprofit organizations they support. In addition to partnering as a sponsor for past events, they continue to provide support for our Emergency Meals on Wheels and Stepping Stone Medical Equipment Bank programs. To further demonstrate their support of our mission, Justin Birmele, CEO at AdventHealth Winter Park, serves on our board of directors.

Thank you, AdventHealth, for all you do for our community's most vulnerable senior citizens. We simply could not do what we do without community partners like AdventHealth.

PROGRAM SPOTLIGHT: STEPPING STONE MEDICAL EQUIPMENT BANK

Stepping Stone Medical Equipment Bank first opened in the early 90's and became a Seniors First program in 2004. Serving frail seniors and disabled adults in Orange, Seminole, Osceola, Polk and Brevard Counties. Stepping Stone offers new and used medical equipment essential to help clients attain the mobility and independence they deserve.

What sets us apart from other providers is we are the only licensed program in Central Florida offering equipment professionally refurbished, repaired and sanitized by a licensed technician. In addition, our team has the training to



get you or a loved one the right equipment for your specific needs at little to no cost to qualifying individuals. Those who can afford some payment, are charged at a below-resale cost on a sliding scale. Some of our most

popular items include tub transfer benches, 3-1 commodes and shower chairs but we also offer wheelchairs, walkers, scooters and more.

We're happy to report that we recently renovated our building and would welcome the opportunity to have you visit our new showroom and discuss how we may be able to help you. If, on the other hand, you have equipment you'd like to donate, we'll see that it gets turned back out into the community so others may benefit. For more information, contact Stepping Stone Senior Director, Wayne Gardner at 407-649-4100 or wgardner@seniorsfirstinc.org.

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PRESIDENT/CEO SENIORS FIRST

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MONTHLY GIVING ENSURES SENIORS
ARE CARED FOR ALL YEAR LONG.

PRESIDENT'S MESSAGE



September marks the 14th year of raising awareness for National Hunger Action Month. This observance, established by Feeding America, is dedicated to raising awareness about the pressing issue of hunger and food insecurity across the nation. During this month, individuals, communities, and organizations come together to take action and make a positive impact on the lives of those who struggle to put food on their tables.

Nationally, 1 in 6 seniors don't know where their next meal will come from. For many, a daily meal is a simple choice of what to eat.

For vulnerable seniors facing hunger, a daily meal poses a very different type of choice. It's often an impossible decision between food or other crucial needs, such as rent, utilities, or medicine.

For over 50 years, Seniors First has served vulnerable seniors in Orange County who need assistance in having their basic nutritional needs met through our nutrition programs: Meals on Wheels (MOW), Emergency Meals

on Wheels (EMOW), and Neighborhood Lunch with Transportation (NLP). In addition, our community food pantry, which opened in 2019 provides shelf-stable meals to those in need the 2nd and 4th Thursday of the month.

Seniors First wholeheartedly supports the call to action for people in our community to get involved in educating the public on the prevalence of food insecurity in our senior population along with ways to help end hunger. National Hunger Action Month serves as a powerful reminder that hunger is a year-round problem that deserves our attention. It encourages us to come together as a nation to combat this issue by taking concrete action.

Some of the ways individuals can get involved include volunteering, organizing food drives, advocating for policies that address hunger and poverty, educating and raising awareness about food insecurity and its impact, and donating.

Nobody should be forced to make a choice to go hungry.

Together we can work towards a future where no one in America has to go to bed hungry. Let's take this opportunity to unite, raise our voices, and create a more equitable and nourished society for all.

With thanks, **Marsha L. Lorenz, President/CEO**



"Cards for a Cause"

SCAN TO DONATE



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 or go to www.seniorsfirstinc.org (Note: Select "Holiday Gift Drive" as the solicitation you are responding to.)
- 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 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

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.



BOARD OF DIRECTORS

Chairman: Carol Clark, Orange County Parks & Rec.

1st Vice Chair: Michael Burch, HUB International

2nd Vice Chair: Pam Lively, Orlando Health

Treasurer: Robert Muszynski, WMFE Radio

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Anne Stone, Rollins College

Alyse Verner, ShuffieldLowman

Delroy Vaughn, Helix Inc/ADIBE Collaborative

MONTHLY GIVING - DONORS: ALAN AND ELOISE

Most nonprofit organizations will tell you that regular sustainable revenue is crucial to advance their missions. Fundraising revenue coming from diverse sources creates gaps, as these contributions are cyclical and come at different times during the year. Additionally, most donations made by individuals usually fall toward the end of the calendar year when individuals and families are considering their year-end charitable gifts. Monthly giving helps to fill funding gaps and creates a more sustainable income stream.

One of our loyal monthly donors, Alan and Eloise, share why they make a monthly donation to Seniors First. Alan is an appraiser of fine arts for museums, universities, estates, etc. and his wife Eloise owns and runs a vibrant clinical psychology practice. Both seniors themselves, Alan will

be 86 in October and Eloise is 75, they feel working with no signs of slowing down is what keeps them young.

Alan and Eloise give to a number of organizations and feel supporting seniors is a worthy cause by looking to the future to help others as they age. When asked why he donates monthly he responded, "I was asked. There are many seniors who have been unable to plan for their future because the needs of their families came first and their assets didn't meet the needs of all. And we are living so much longer due to medical advances, this longevity was not in the plans of many seniors." He feels those that have been fortunate should help those less fortunate.

When asked how he would describe our organization and mission to another potential donor his response speaks

volumes, "I think that I would describe the Senior's First mission as HEART." Thank you Alan and Eloise for all you do for our community's most vulnerable seniors. We simply could not do what we do without you!

The success of the Seniors First mission depends on individuals like you. I would be happy to discuss a monthly donation plan that works best for you and help you set it up automatically. Your sustainable monthly gift has an immediate and ongoing impact on the clients we serve.

With Gratitude,
Wendy Jackson
Chief Development Officer

THE 34TH ANNUAL SENIORS FIRST TURKEY TROT 5K

Ask anyone who's lived in The City Beautiful for any length of time, and they will tell you the Seniors First Turkey Trot 5k is not just one of the oldest and largest races in our area, it's a Thanksgiving tradition for many. Now in its 34th year, families, friends and co-workers start their holiday by meeting downtown bright and early at beautiful Lake Eola to participate in this "Race to End Senior Hunger". All runners get a bib, event shirt and finisher's medal.

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

Costumes are a tradition, and you may find yourself running with turkeys, pilgrims, the occasional super hero or maybe even Santa himself! Come early and join in the costume and turkey call contests, then stay after the race for the kid's Tot Trot!

See you Thanksgiving morning at Lake Eola!



FOR MORE INFORMATION OR TO REGISTER GO TO [TURKEYTROTORLANDO.COM](https://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.



COME VOLUNTEER WITH US!

Looking for a way to get involved and give back to our community? Join us as a volunteer! We've got options to fit every skill set and passion. You could deliver meals once a week, help out in the office, make reassurance calls to chat with lonely seniors or host online classes or discussions. We're looking for individuals to host art, music and meditation classes, discussions on history, literature and more. Tell us your passion and we'll help you find just the right fit. For more information, contact Volunteer Program Supervisor, Maureen Sullivan at msullivan@seniorsfirstinc.org or 407-373-7752.

BINGO!

Bingo is one of the favorite activities at our Neighborhood Lunch sites and we are always in need of prizes. You'd think the first things to go would be cologne, scented candles and movie tickets but no. The first to go are always necessities. Toilet paper, paper towels, dish soap, body wash and tissues. If you'd like to take up a collection in your neighborhood, office, civic organization or church, we'd be so grateful for your donations. View our needs list with the QR code. For more information, contact NLP Program Assistant, Angela Diaz at adiaz@seniorsfirstinc.org or 407-615-8971.

