

# GENERATIONS



## VOLUNTEER SPOTLIGHT: WILLIAM (BILL) AND LISA WARREN



Seniors First has reached 50 years in the Central Florida community. Quite a milestone! Woven in our history are all the dedicated and caring individuals who laid the foundation for who we are today.

Two such people are William (Bill) and Lisa Warren who have been connected to Seniors First since the mid-1990s. In an interview with Lisa, here is their story:

**Tell us about your early involvement with Seniors First.** *When Bill was working at Orlando Business Journal he was frustrated he wasn't able to get involved with organizations because of potential conflicts of interest. When Bill left OBJ he was free to pursue community involvement, and one of his co-workers suggested Seniors First.*

**Have you seen the agency evolve over the years since you both first became involved?** *Bill served as board chair in 1996. During his time on the board, the agency changed its name from Meals on Wheels and M.O.R.E.*

*to Seniors First. The name change was a reflection of the fact that the organization puts seniors first in more ways than one.*

**You both began volunteering for Meals on Wheels late last year. Was it prompted by your attendance at the premiere screening of Leftovers, the documentary on senior hunger?** *The showing of that movie coincided with the timing of Bill's retirement. It was the perfect time for us to take on a route, and the movie absolutely motivated us to do so.*

**Would you share your experience delivering Meals on Wheels?** *Several things have surprised us as we deliver meals to our clients: 1) A number of them are very sick and*

*have caregivers in the home. 2) More than half of our clients live totally alone, many are female, and we are the only visitors they have on some days. 3) Every one of our clients are happy and extremely grateful for what they receive.*

**What would you like others to know about Seniors First?** *We hope more people will get involved as volunteer drivers. It only takes 1-2 hours per day. You can do it one day a week or multiple days. The need is so great. This work has been life-changing for us. We no longer take for granted all the blessings in our life.*

**"This work has been life-changing for us."**

## BOARD SPOTLIGHT: MARGARET SAUER



Margaret first became a supporter of Seniors First, Inc. in 1976 when she volunteered as a driver for Meals on Wheels. At the time, her grandmother received Meals on Wheels in Mobile, Ala., and Margaret wanted to help somehow from Orlando. That's when she decided to drive a meal route.

Meals on Wheels in the 1970s was different from home-delivered meals today. It was a program of the Christian Service Center, which operated 13 kitchens to prepare the meals. Margaret loaded large trays of food into her station wagon from the Christian Service Center and delivered meals to seniors in Pine Hills. She remembered the meals always included hot soup.

Her fondest memory was taking her children with her to deliver meals. She taught them that if not for these meal deliveries, people would have gone without.

The Area Agency on Aging director in the late '70s led the endeavor to turn the 13 kitchens into one massive kitchen. Margaret said during the early days of transitioning to one kitchen, meals initially didn't get delivered until late afternoon.

Soon Meals on Wheels felt the need to become its own agency, separate from the Christian Service Center. As

vice chair of the board of directors, Margaret remembers it taking about a year to become incorporated. In the '80s, Margaret was chairman of the board when Meals on Wheels

**Margaret has supported Seniors First since 1976.**

merged with the Council on Aging to become Meals on Wheels and M.O.R.E. and Council on Aging, Inc. The long name of the agency became unwieldy and so focus groups were formed to develop the current name, Seniors First, Inc.

Margaret has always had a passion for helping seniors and spent part of her career developing the Aging Certificate Program at the University of Central Florida.

Now looking to the future of Seniors First, Margaret's greatest wish is to have enough money to serve people so there isn't a waiting list. She feels the community can bring so much to its seniors. By delivering a meal, you are also bringing the community into otherwise isolated lives.



## PRESIDENT'S MESSAGE: MARSHA LORENZ

The permanency of Seniors First in our field demonstrates our ability to adapt to the myriad of complex internal and external challenges over the years. We could not have accomplished this, however, without the guidance of a committed board of directors, dedicated volunteers and staff, loyal donors, funders, and corporate partners. We also know, despite our 50-year history of successfully delivering high-quality nutrition and in-home services to those most at risk, there is still a great deal of work that needs to be done to address the growing needs of our seniors.

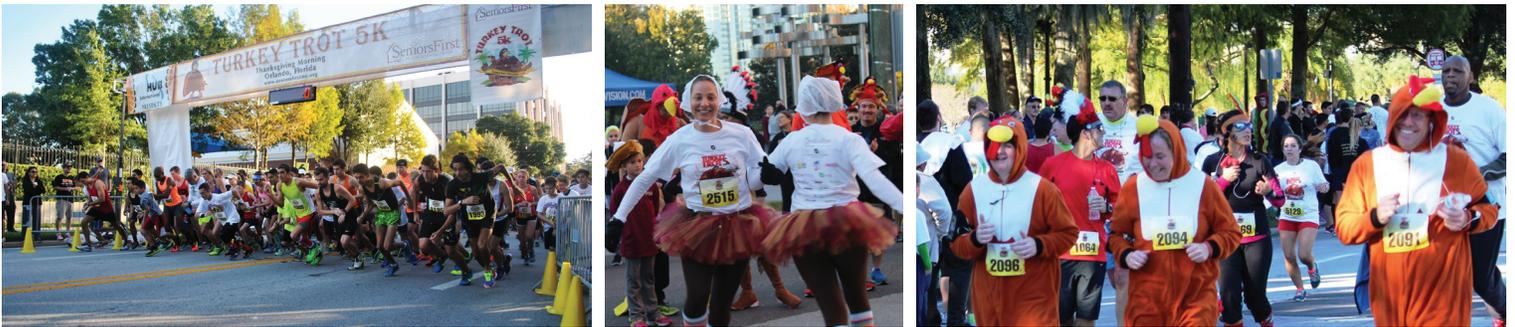
Seniors First is the safety net for at-risk seniors with limited options. Our network of community-based programs and services provides a continuum of care to prevent hunger and strengthen and support vulnerable seniors in promoting and maintaining their health and independence. The services offered are a proven, cost-effective means of helping functionally impaired older adults meet their daily living needs, maintain or improve their quality of life, and remain stable at home where they want to be.

**“The demand exceeds the available resources.”**

The demand for both nutrition and in-home services far exceeds the resources available to meet the current needs. As the Baby Boom generation continues to age at a high rate over the next 20 years, there will be even greater demand on programs already at maximum capacity and with long waiting lists. These factors combined with a shocking national statistic having a significant impact is that one in six seniors may not know where their next meal will come from. Outliving their support systems and resources, these vulnerable seniors find themselves in positions they never expected – isolated, having to choose between buying food or medication, and physically unable to care for themselves or their living environments. The relief on their faces is evidence of the immediate impact providing meals and in-home support services can have on their daily lives.

Thank you for joining us in our efforts to alleviate hunger and help seniors live with the dignity and respect they deserve. As we look forward to another 50-plus years of working together to make a difference, we hope we can count on you for your support.

Thanks for all you do!



## THE 27TH ANNUAL SENIORS FIRST TURKEY TROT 5K, AN ORLANDO THANKSGIVING TRADITION



When people think of Thanksgiving, they think of food, family and football. However, Thanksgiving also is a day for running. As Seniors First celebrates its 50th anniversary, the annual Turkey Trot has

**It's a family tradition.**

been a part of that history since 1989. It began with fewer than 200 runners.

Approximately 900,000 people this year will hit the streets across the nation to participate in a Thanksgiving run.

In Orlando, the Seniors First Turkey Trot has become a tradition for many families. On Nov. 24, about 5,000 runners, joggers and walkers will converge on Lake Eola with hundreds more cheering them on as they participate in one of the

oldest and largest 5k fun runs in the city.

**For more information or to register your family, friends or co-workers, go to [www.TurkeyTrotOrlando.com](http://www.TurkeyTrotOrlando.com) and start a tradition of your own!**

Whether you walk, run, jog or come down to show your support, you'll be making a difference in the lives of senior citizens in our community. Your participation will support vital programs such as, Meals on Wheels, home and personal care and neighborhood lunch programs.

At the Seniors First Turkey Trot, costumes are the

order of the day. It's not unusual to find yourself running next to people dressed as pilgrims, turkeys and super heroes. You'll also spot runners donning tutus, turkey hats and feather tails. So start planning your costume for a chance to win prizes for best group, couple, individual and child. Then head down to the start/finish line to catch the turkey call contest to win more prizes.

Trophies will be given to the top 10 male and female finishers. After the race, get out your camera and capture the cuteness of the kids Tot Trot where every child earns a No. 1 race bib and a blue ribbon.

**We'll see you Thanksgiving morning!**

## TURKEY TROT VIRTUAL RACE

**Can't run Thanksgiving morning? Run on-line!**

Even if you can't be downtown Thanksgiving morning you can "run" to support Seniors First by

participating in our on-line virtual race. Sign up now to run your own Virtual Race or start a team to end senior hunger. For more information go to [www.TurkeyTrotOrlando.com](http://www.TurkeyTrotOrlando.com)



*This guy is racing to end senior hunger from his couch.*

## A Message to our 25+ Year Donors

As we celebrate our 50 years in the community, Seniors First is very grateful for all of our loyal long-term donors who continue to support the work we do! Donors prefer to remain anonymous, although they have been giving selflessly year after year for over 25 years! They ALL share one very special message to Seniors First and that is "I don't want to be acknowledged, just keep up the good work." We are humbled by their personal request to keep their names private and want to extend a heartfelt THANK YOU to each and every one. We simply cannot do what we do without you!

**"We don't want to be acknowledged, just keep up the good work."**

## You are Key

All our donors make a difference every day in the lives of our community's most vulnerable senior citizens who struggle to remain living independently in their own homes. Most live alone on a limited income with little-to-no support. You are key to enhancing the quality of their lives and maintaining their independence.

Please consider making a charitable contribution. Through your generous gifts:

- You help prevent senior hunger and malnourishment through Meals on Wheels and Neighborhood Lunch Programs.
- You help strengthen and support seniors through our network of in-home and community-based services.
- You help the seniors in our community avoid or delay the three biggest threats of aging: hunger, isolation and loss of independence.

Please know all contributions, no matter how modest, will make a difference!

**THANK YOU FOR ALL YOU DO!**

## GIVING OPTIONS

### Monthly Sustaining Supporter

Help our organization to plan ahead with your monthly scheduled donation. We make it easy to set up recurring monthly donations on line. Simply visit our website at [www.seniorsfirstinc.org](http://www.seniorsfirstinc.org) and click on the Donate Now button.

### Big Hearts Circle

Through Big Hearts, the donor giving circle that supports the Meals on Wheels program of Seniors First, your contributions, caring and concern directly impact our community's seniors who are most in need. With your minimum annual donation of \$1,000 (only \$84/month) we invite you to join Big Hearts and become part of a select group that collectively serves as ambassadors in the fight against senior hunger.

### Legacy/Planned Giving

The success of our mission depends on individuals like you. Ensure the work of Seniors First will continue well into the future with your generous promise of a planned gift. It is as easy as including a charitable gift to the Seniors First Foundation in your will or estate plan.

### Year-End Giving

As the end of the year closes in, this is the time many give thought to making a tax-deductible year-end charitable contribution. Please consider making that donation to Seniors First and help keep a senior living independently in his/her own home for as long as possible.

### In-kind Gifts

Donate to our food and holiday drives, as well as other fundraisers that brighten the days of our seniors.

**For more information on any of the above giving options please contact Wendy Jackson at 407-373-7754 or [wjackson@seniorsfirstinc.org](mailto:wjackson@seniorsfirstinc.org).**



## BOARD OF DIRECTORS

**Board Chair:** Gordon Arkin, *Foley & Lardner LLP*

**1st Vice Chair:** Larry Stewart, *Seaside National Bank & Trust*

**2nd Vice Chair:** Margaret Sauer, *Community Volunteer*

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**Jim Shapiro,** *Community Volunteer*

**Lavon Williams,** *Orange County Government*

### 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.



**Celebrating 50 Years of Service**



## ANNUAL HOLIDAY GIFT DRIVE: OPERATION RUBBER DUCKY

Collecting Towel Sets for Senior Citizens October 1 - December 1

As Seniors First turns 50, we think back to the thousands of personally chosen and delivered gifts that have been donated for our senior citizens; especially around the holidays. It never ceases to amaze us that with all the hustle and bustle of the holidays, our supporters never forget about our clients and take the time to bring the spirit of the season to a senior who might not otherwise receive a gift.

For more information visit [www.SeniorsFirstInc.org](http://www.SeniorsFirstInc.org) or call 407-615-8962.

Our goal this year is 1,400 towel sets! Here's how it works:

1. Purchase a new, neutral color towel set (bath, hand & washcloth)
2. Roll the set together with a ribbon
3. No need to wrap - our elves will take care of that!
4. Drop it off by November 30th at the Seniors First office:

5395 L.B. McLeod Rd., Orlando, FL 32811 or bring it to the Turkey Trot on November 24th at Lake Eola

