

GENERATIONS



FOUNDATION SPOTLIGHT

VNA FOUNDATION

The VNA Foundation, Inc. was formed in 1997 as the successor organization to the VNA Healthcare Group of Florida following the sale of the operating business of the Visiting Nurse Association to Orlando Health. Based in Orlando for over 25 years, the VNA Healthcare Group of Florida had operated a variety of home healthcare related businesses in the general

Central Florida area.

The mission of the VNA Foundation is to provide support for community and health care related activities that benefit home health services, care for the elderly and infirm, and promote a general awareness of health care to the public. Special consideration is also given to charitable and educational organizations that provide programs, services and/or products that help underprivileged or needy individuals to improve themselves.

The VNA Foundation's focus on helping individuals both rehabilitate

and maintain their health represents their commitment to supporting behaviors that lead to better health outcomes and improved well-being overall. "Our history of providing grants to local nonprofit organizations that fulfill our mission reflects our commitment to help those less fortunate and often forgotten individuals who want to live healthy and independent lives" says Jerry Kassab, Secretary of the VNA Foundation.

Seniors First would like to thank the VNA Foundation for its long-term

Our commitment to help those less fortunate.

partnership of over 20 years that has provided funding of nearly \$1 million for our In-home Care and Stepping Stone Medical Equipment Bank programs. With this support, vulnerable seniors needing services such as homemaker, personal care, respite and companionship and durable medical equipment, are able to receive the care they need to remain in their own homes.

Thank you, VNA Foundation, for all you do for our community's seniors!

VOLUNTEER SPOTLIGHT

JILL BASS



Meet Jill Bass. She's been volunteering with the Seniors First Meals on Wheels program since January of this year. At different times in her career she's worked with people of all ages but says she always enjoyed spending time with senior citizens and really wanted to get back to that.

Recently, we rode along with Jill as she delivered meals and got to learn why she wanted to volunteer and what it means to her. "I was very close with my grandparents and miss them every day. Delivering Meals on Wheels to the seniors on my route gives me a chance to get to know them, gain insight from their experience and reconnect with the feeling I always got spending time with my own grandparents."

Jill has some health issues that cause her daily pain and says, "I'm hurting when I wake up in the morning but on the days I deliver I know I'm going to go and see the friends I've made. It reminds me how important it is to reach out to others and no matter what you may be going through, there's always someone who is worse off and needs you more. It just gives me joy. It's very rewarding."

What's more important? The nutrition or the visit?

"Well, obviously having fresh, nutritious food is extremely

important to these clients. Many would simply go hungry without the meals we deliver but when you knock on that door and spend a few minutes talking with a client, their eyes light up, they get a big smile on their face. That's when you realize just how important it is. For many, we're their only visitors, their only friends. In that respect, I think that does more for their wellbeing than the food itself.

What would you tell someone who's thinking about volunteering for Meals on Wheels?

"I would say, give it a try! It doesn't take a lot of time and it gives you a chance to make a real difference in someone's life. What could be more important than that? There is so much more happiness in giving than in receiving. I think we forget that sometimes."

Tomorrow morning a special group of senior citizens will wake up and realize, it's going to be a great day, because today is the day Jill comes to visit and that will make all the difference!

PRESIDENT'S MESSAGE
What the Federal budget cuts could mean

TURKEY TROT 5K
Thanksgiving Morning!

MEALS ON WHEELS
The Orlando Magic deliver!



PRESIDENT'S MESSAGE: MARSHA LORENZ

The budget proposal put forth by the President in May includes cuts to the current funding levels for the Older Americans Act (OAA) Nutrition Program, which includes funding to Meals on Wheels and Neighborhood Lunch Programs. It also calls for the elimination of the Community Development Block Grant (CDBG) that supports these programs. Cuts of any kind will widen the existing gap between seniors served and those who desperately need this lifeline.

News of these potential funding cuts generated a high volume of calls from our clients worried about the continuation of their meals. In response to the increased media exposure of confusing and conflicting information, Seniors First has posted a letter to our website to further explain the severe consequences the proposed cuts would have on our community's elderly population.

Nationwide Meals on Wheels member agencies, of which Seniors First is one, receive an average 35% of their funding from the federal government via the Older American's Act. Some media outlets have incorrectly reported this number to be 3%, confusing it with the federal funding received by Meals on Wheels America, the national membership organization that does not provide direct services (e.g., meals).

Locally, the Meals on Wheels program of Seniors First, for which we are most well-known, receives 47% from federal dollars and an additional 9% from the Community

Development Block Grant (CDBG), another target of the proposed budget cut. What funding we do not receive from the federal government comes from a combination of foundation and corporate support, and caring individuals like you. Our work would not be possible without this support and we are so grateful for the generosity shown by our community.

As we await the outcome of the final budget recommendations, Seniors First is committed to spreading awareness of senior hunger through both Hunger Action Month, which occurs in September, and the Meals on Wheels #SaveLunch campaign. During Hunger Action Month we stand together and spread the word about the hunger crisis in our community. The #SaveLunch campaign urges Congress to protect and increase critical federal funding sources during the Fiscal Year 2018 appropriations process and make sure that no senior is left hungry and isolated. Nationally 1 in 6 seniors doesn't know where their next meal will come from. In Orange County alone, that number is 16,000.

It takes more than food to fight hunger. It takes an entire community of support. Please help us find a solution. Together we can make a difference in the lives of our community's most vulnerable seniors. Will you join in helping?

To learn more about how you can help, please reach out to me at mlorenz@seniorsfirstinc.org or 407-615-8961.

EMPLOYEE SPOTLIGHT: MAUREEN SULLIVAN

Six months ago, Maureen Sullivan joined Seniors First as volunteer coordinator with the awesome responsibility of recruiting and training volunteers, mostly for our Meals on Wheels program. In a recent conversation with Maureen, we asked her why she was interested in working at Seniors First. After retiring three years ago, Maureen missed going to work each day. The question was where to fulfill that longing with service to others. She was aware of Seniors First and its mission to provide dignity to the elderly. Maureen said, "I am grateful that Seniors First accepted me and allowed me to build a second chapter of my life around service." And Seniors First is fortunate to have her as part of our team.

Maureen enjoys her position because she gets to engage with the community, serve, meet and talk with new volunteer candidates. She loves to see the number of openings filling up! She is excited to have orientation with new volunteers and tells each of them in class, "I want you to remember the feeling you have on your way home, after your first independent delivery. Because you have been present for another, you will never forget how good you feel."

And when asked what was most challenging in her role as volunteer coordinator,

Maureen said it is having open volunteer opportunities and no one to fill them. "I will not be happy until there are zero open meal routes...and I know we can get there!"

And we have no doubt Maureen will get there too. In a short six months, she has already recruited 105 new volunteers and provided 30 orientation meetings.

When asked why someone should consider volunteering with Seniors First, Maureen shared what she tells her orientation class each Tuesday:

"Being involved in Seniors First has broadened my understanding of our community, the needs of the elderly, and the importance of compassion for humanity. I encourage all of us to deepen our connection with one another."



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A MESSAGE TO ALL OUR DONORS

As we move into the last few months of our 51st year in the community, we would like to thank you, our donors. We could not accomplish the work we do to feed hungry seniors and keep them and their environments clean and safe to live in without your help. You make a difference every day in their lives with your thoughtful contribution. When we hear from the seniors we serve that they would not be able live on their own in their own homes without our programs, know it is your contributions that make this possible. We simply cannot do what we do without you!

We know going forward the ability for us to add more individuals that will need our services will be challenged as the aging population continues to grow exponentially. Add this to the potential governmental budget cuts and we have growing waiting lists for our most vulnerable senior neighbors.

Please consider talking about why you support Seniors First to others and ask if they would like to learn more about us. All contributions, no matter how modest, make a difference. Thank you!

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.

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 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

TURKEY TROT 5K:



Join us for the Seniors First Turkey Trot 5k bright and early Thanksgiving morning!

The sun is just coming up on Thanksgiving morning but in downtown Orlando, there's already excitement in the air. As you walk toward Lake Eola you pass people dressed as pilgrims and Indians, giant turkeys, groups of friends in sneakers and tutu's and even the occasional super hero or movie villain. That can only mean one thing. It's time once again for the Seniors First Turkey Trot 5k presented by HUB.

Now in its 28th year, the Turkey Trot is one of the oldest and largest 5k fun runs in the City Beautiful. Each year 5,000 runners, joggers and walkers head out bright and early for what has become a city-wide tradition.

Families, friends and co-workers all joining together in a race to end senior hunger and raise much needed funds for Seniors First programs like Meals on Wheels, In-Home Care Guardianship and our Stepping Stone Medical Equipment Bank. All services are designed to keep senior citizens in our community living safe, healthy lives in their own homes where they prefer to be.

You can help too! Start planning your costume and join us Thanksgiving morning! Compete for prizes in our costume contest for best group, couple, individual and child. Then head down to the start/finish line to catch the turkey call contest to win even more. Trophies are given to the top 10 male and female finishers. Following the race, stay for the cuteness overload of the Seniors First tot trot where the little ones each get a race bib and blue ribbon for their mini race!

Contesting starts at 7am, race at 8am! For more information and to register for the Turkey Trot or our Virtual Race go to www.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.



Looking to the next 50 years!



ANNUAL HOLIDAY GIFT DRIVE
OPERATION "WARM FUZZIES"

You can bring the spirit of the season to a special senior who might not receive a gift or be remembered during the holidays.

Through a wide range of support services including Meals on Wheels, Seniors First is committed to helping seniors with special needs and/or low income. Thanks to you, clients are able to remain living independently with dignity and quality of life. This holiday season, your gift will make them smile and let them know they are not forgotten.

- Purchase a new throw blanket (50"x60")
- Tie it up with a holiday ribbon
- No need to wrap: our elves will take care of that!
- Drop off donations by Friday, December 1st at our office: 5395 L.B. McLeod Rd. or at the Turkey Trot 5k Thanksgiving morning at Lake Eola. (additional locations listed on our website) For more details visit seniorsfirstinc.org or call 407-615-8962.

Our goal is 1,400 throws!



ORLANDO MAGIC
FOR MEALS ON WHEELS



Thanks to Bo Outlaw and Nick Anderson, Orlando Magic ambassadors, for delivering Meals on Wheels in support of our "America! Let's Do Lunch!" campaign. Bo and Nick along with Magic mascot Stuff shot their national video while visiting with Seniors First clients and spreading the message that becoming a Meals on Wheels volunteer is a great way to give back to your community.