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Your help and generosity are greatly appreciated. - Candice

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Services

Meals on Wheels
Nutrition Services
650-323-2022

Little House
Roslyn G. Morris
Activity Center
650-326-2025

Rosener House
Adult Day Services
650-322-0126

800 Middle Avenue

Menlo Park, CA 94025

650-326-0665

www.penvol.org

Thank you for your heroic support this past year. You gave hope and security to seniors in our community during this very difficult time. - Peter

November 2021

Dear Neighbors and Friends,

We've shared an historic journey together since March 2020! While uncertainty remains, our spirits feel a little lighter as the community emerges from the extraordinary pandemic that reshaped our lives. We hope that you are remaining safe and healthy as normal life resumes.

Peninsula Volunteers, Inc. is safely welcoming back our friends and neighbors to our onsite programs, while guided virtual care programming continues to support those participating from home. Our Meals on Wheels program continued onsite preparation and home meal deliveries uninterrupted throughout the pandemic.

Aging seniors still most affected

As we learn to live with COVID-19, the effect on local seniors remains an everyday concern. The pandemic's disproportionate impact on older adults has led to *more* widespread loneliness, isolation and health vulnerabilities. Hunger has more than tripled in Bay Area counties, jeopardizing the health and well-being of older adults and placing widespread strain on community healthcare systems.

The challenges are now much larger in scope

Already pressing issues have been further magnified in our diverse community. Now nearly **1 in 6 seniors is facing hunger risk** and cannot cover the cost of basic needs; **1 in 3 seniors dies with Alzheimer's** or another dementia, more than breast and prostate cancer; **1 in 4 seniors live alone and feels lonely**, and **50% of seniors living alone are without the finances for basic needs**, and many without transportation or technology to access the wellness programs they need. Our senior population is growing rapidly with **1 in 5 now sixty or older** and unmet needs accelerating, amplified by the pandemic and upcoming holiday season. **Less than 2% of institutional philanthropy** is going to services for seniors, a pace that has not substantially changed over the last 25 years. Together we must bridge a growing local funding gap to ensure seniors are no longer overlooked.

Your generous impact

You've been with us every step of the way, helping us fulfill our mission to *enable seniors to age in place*. Because of you, we extended our reach during the pandemic, preparing and home delivering almost **288,000 nutritious meals** from our Menlo Park kitchen; placing over **47,500 wellness care calls and visits**; holding **12,462 combined virtual and in person sessions** with active seniors and with Alzheimer's clients to engage in exercise and stimulating learning activities; providing **4,093 transportation rides** for medical and grocery needs and **23,750 volunteer hours**. We partnered with local companies and restaurants to secure additional meals for those in need and continue to envision new and better ways to expand our support for our senior community in the new environment.

You may ask "how can I help right now"?

Join us in strengthening the senior community by helping us provide high-quality programs that keep your loved ones and neighbors engaged, resilient and living independently. You will have a lasting impact on the families that need us most. Your gift of any size* made securely online or with the enclosed remit envelope will change the lives of seniors now. Visit www.penvol.org and take a moment on the back of this letter to learn more about the seniors whose lives you have changed for the better. Please share this letter with a friend if you have already gifted PVI this holiday season.

***A \$500 donation will support:** one month of daily Meals on Wheels for two seniors; or a week of full services for a week at Rosener House for an adult with Alzheimer's; or sixteen 30-minute personal training sessions at Little House; or 100 transportation rides at the subsidized rate.

With hope and gratitude,

Peter Olson
Chief Executive Officer

Candice V. Schwab
Chairman of the Board/Board President



For almost 75 years, Peninsula Volunteers, Inc., a duly recognized 501 (c) (3) non-profit, has enabled seniors to age in place, driven by a profound legacy of caring and our core values of respect, commitment, trust, dedication and compassion. Our four core programs serve over 6,000 households and address the most pressing issues of aging adults by offering critical services to sustain their daily physical, nutritional, emotional and mental health while achieving dignity and independence in their lives. PVI's programs include Nutrition Services/Meals on Wheels; Adult Day Services at Rosener House; Health, Wellness and Lifetime Enrichment offerings at Little House; and on-demand Transportation Services at Little House.

Thank you for supporting positive aging in our community. - Rebecca Matteson Nelson

SECURITY, CONNECTION, AND INDEPENDENCE

Norma is in her late seventies. Even the most independent among us may experience physical decline or financial hardship that strip away independence. When you add the increasing geographic mobility of families, a senior family member can be left behind, socially isolated and not sure where their next meal is coming from. Due to an ongoing illness, Norma has no functionality at all in her left hand and only partial use of her right hand. She struggles with purchasing food items and preparing nutritious meals for herself. With limited mobility, no family in the area, and concerns surrounding COVID-19, Norma turned to PVI's Meals on Wheels for vital support. The home-delivered meals became more than a nutritious food life-line for Norma. She says she also **"feels comforted by the wellness checks and conversations with the friendly delivery drivers"**. PVI's Meals on Wheels has given Norma **security, connection and the independence** to stay in her home.



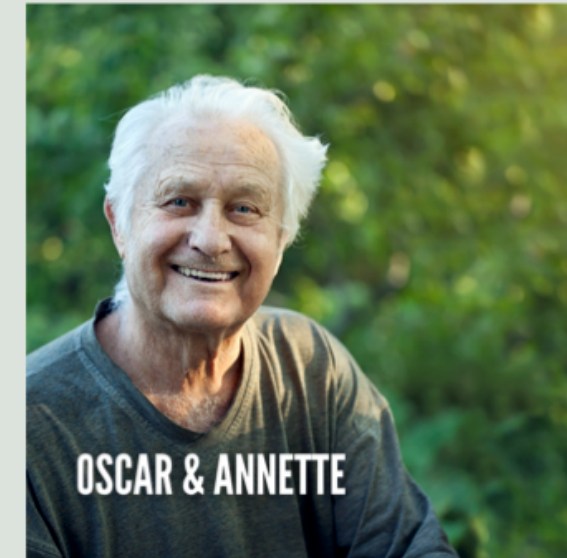
NORMA

FREEDOM AND INDEPENDENCE

No longer driving at 82, Raymond now relies on PVI's transportation program for all of his errands and socializing. It has **"helped tremendously"** during the pandemic for his critical medical appointments and weekly trips to the grocery store. Raymond says that he **"enjoys the independence of being able to pick up the phone and request a reliable ride that will arrive quickly"**. For Raymond knowing that there is a **"always a friendly voice"** on the other end is an added bonus. PVI has given him **freedom, independence and reliability** to come and go when he wants to.



RAYMOND



OSCAR & ANNETTE

COMPASSION, RESPITE, AND JOY

Oscar and Annette have been married for more than 50 wonderful years and share everything in their lives together. With Annette's dementia progression, Oscar has now assumed the role of full-time caregiver. He realized at the height of the pandemic that he could no longer do this alone and needed help, yet was equally determined for Annette to age at home and not be institutionalized. He never realized how very difficult it is being the sole caregiver. After receiving caring advice from PVI's caregiver support group, Oscar felt prepared for Annette to join PVI's Adult Day Services at Rosener House. Oscar was so grateful for the support he received from the curated virtual offerings during the pandemic, yet said **"the real miracle happened once in-person care resumed when Rosener House re-opened in July"**. After Annette's first in-person day, Oscar picked her up and the first thing she said was, **"everyone was so nice and smiling"**. The miracles continued the next morning when Annette woke up and remembered and even reminisced about the activities she participated in the day before. She is now thriving in her guided therapeutic sessions and routine at Rosener House. Annette's favorites are singing and exercising. Oscar and Annette have found **compassion, respite, and joy** at Rosener House.

COMPANIONSHIP AND WELLNESS SUPPORT

Lynn and Wesley moved to the Peninsula to be closer to their adult children. The couple sought out connections and immediately felt embraced by the community at PVI's senior activity center at Little House. Wesley shared that having access to a senior tax service has been **"so helpful"** the last few years. Lynn and Wesley have both enjoyed the acupuncture and massage services because they are **"relaxing"** and **"affordable"**. Their daughter encouraged them to attend fitness classes to stay healthy and meet new people. This led to the couple to pursue working with one of PVI's personal trainers and with a program tailored to their specific needs.



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YOUR PHONE.



LYNN & WESLEY

When the COVID-19 pandemic hit, their personal trainer was able to quickly shift to offer client training sessions online via Zoom. This presented a learning curve for Lynn and Wesley because they were not avid computer users. They mastered Zoom with the help, encouragement and patience of their trainer and the senior center staff. As a result, they were able to continue their personal training sessions without missing a beat. The couple is **"excited to return to onsite activities"**, yet they **"want to continue 'zooming' with Jamie!"** Lynn and Wesley have found **companionship, learning and wellness support** at PVI's senior center.

Have an immediate impact by donating securely online at penvol.org/donate.

