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Nutrition Services
650-323-2022

LittleHouse
Roslyn G. Morris Morris
Activity Center
650-326-2025

Rosener House
Adult Day Services
650-322-0126

November, 2022

Peninsula Volunteers, Inc. (PVI) celebrates our **75th year of enabling seniors to age in place.** We accomplished this milestone because of your significant generosity spanning our humble yet bold beginnings. ***Thank you for staying by our side.***

Your impact spans PVI's 75-year history of firsts in senior services

PVI was a **leader in gerontology** at a time it was unheard of. In 1947, our visionary women founders built a remarkable legacy, enriching the lives of countless thousands of local seniors and their families. PVI launched:

- The first suburban **senior activity center** in the U.S. to promote health and wellbeing.
- The first groundbreaking initiative and HUD grant in the U.S. for construction of **affordable senior housing**.
- The first state-of-the-art, purpose-built **licensed adult day services facility** for those with Alzheimer's.
- One of the first **on-demand, concierge transportation services for seniors** to empower independence.

The challenges are now much larger in scope

Many local seniors are struggling to stay afloat in today's uncertain environment. Current needs are far outstripping the growth of the local aging population and the gap is widening. ***Widespread loneliness, social isolation, and hunger and health inequities*** cut deeper into community lives. ***Mounting inflationary costs*** are further straining financial resources beyond sustainability and shutting our seniors out. Please view the ***impact on seniors*** by the numbers on the back of this letter.

Join us as we transform aging

PVI will continue to ***transform aging*** in our local communities, changing the way seniors are cared for and treated as valuable members of society. New levels of concierge caregiver and family support services, expansion of innovative community partnerships, and extension of our local geographic reach will meet the challenges ahead for you and your senior family members.

You may ask how can I make a difference right now? You have the power to change the life of a senior today. Your gift of support is indispensable to seniors like Eugene, Norma, Helen, and the ***thousands of local families relying on us*** during the holiday season and beyond for their health and well-being.

Please make a gift of an amount that is right for you* securely online or with the enclosed envelope and take a moment on the back of this letter to learn more about the seniors whose lives you have helped change for the better. If you recently supported our 75th anniversary gala celebration, please spread the word to a friend who shares your passion to help extend senior health and independence. Visit www.1pvi.org and www.1pvi.org/donate.

****\$2,500 funds*** an iPad and training for one senior in need ***or Ride PVI transportation services*** for one month for five seniors; ***\$1,000 funds*** the Senior Center lecture series for 6 month; ***\$500 funds*** one month of PVI Meals on Wheels for two at-risk seniors or one annual Senior Center fitness membership.

With hope and gratitude for PVI's next 75 years,


Peter Olson
Chief Executive Officer


Georgie Gleim
Chairman of the Board/Board President

We have enjoyed 75 years of groundbreaking help for our senior communities thanks to you. We look forward to starting our next 75 years with your support

800 Middle Avenue Menlo Park, CA 94025 • 650-326-0665 • www.1pvi.org

For 75 years, Peninsula Volunteers, Inc. 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 RIDE PVI, our on-demand Transportation Service at Little House.

Every senior in our community deserves to live a vital and independent life. Studies show that being able to remain in their homes enables seniors to lead longer, happier and more meaningful lives surrounded by loved ones.

Your help gives hope for positive aging in our community! - Rebecca Matteson Nelson

HEALTHY FOOD, SECURITY, AND INDEPENDENCE

Eugene is an 85-year-old veteran and loves his independence. He became a PVI's Meals on Wheels recipient at the start of the Pandemic when his medical condition made it impossible for him to shop and cook for himself. Eugene's painful neuropathy and chronic arthritis severely impact his mobility. Managing both chronic conditions has significantly affected his lifestyle, yet Eugene describes PVI's Meals on Wheels "as a life-saver!" Not only does he enjoy the nutritious meals, but he also looks forward to the warm and friendly delivery drivers.



"I rely heavily on your Meals on Wheels. I don't know what I'd do without the support."

Our Volunteers are saying

"Volunteering at PVI is the highlight of my week. I love delivering meals and seeing the grateful faces of those in need."
- Evan, Meals on Wheels Volunteer Driver

COMPASSIONATE CARE, RENEWED JOY, AND GRATITUDE

Norma lives alone, cooks for herself, and remains as independent as possible even though she no longer drives at 93. Norma's family discovered changes in her behavior over time that were painful to witness. She was becoming more and more withdrawn from family and was sleeping throughout the day. A once bubbly, social, and artistic woman, Norma was now gloomy, isolated, and withdrawn. Her family had concerns about her mental and emotional state and sought answers and resources to support her.



"You are very special people to make such a difference to the lives of the elderly and their families. I am thankful for all of you."

The family reached out to PVI's Adult Day Services at Rosener house to talk through Norma's condition and how our services could help them. Norma began attending the programs last summer and has made a complete shift by participating in the daily therapeutic support activities. She wakes up excited in the morning to come to Rosener House and especially enjoys the music therapy and socializing sessions. Norma's family is full of gratitude for the support and renewed joy that Norma has in her daily life.



Helen

Daily Senior Impact:

1 in 6 seniors is facing hunger

1 in 3 seniors dies with Alzheimer's

Nearly 1 in 5 spousal caregivers passes away before their loved one

1 in 4 seniors live alone and feel lonely

50% of seniors living alone are without the finances for basic needs

SAFETY, MOBILITY, AND SELF-SUFFICIENCY

When Helen's car was deemed a total loss last year, she didn't feel she could afford another car, not even a used one. She thought she could get by using cabs, public transportation, and the occasional ride from a friend or family member. Helen found cabs to be expensive, the service unreliable, and she felt unsafe on public transportation. She also wanted to retain her independence and mobility. A friend of Helen's shared his experience using RIDE PVI's concierge transportation services at PVI's Senior Activity Center at Little House. Affordable, on-demand, and reliable were all important benefits for Helen to consider. At the height of the pandemic, Helen started using RIDE PVI for essential errands and has recently begun using the service to attend classes and activities at PVI's senior center Little House.

"I love RIDE PVI! It gets me out of the house, and it lifts my spirits!"

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Thank you for your support this past year. While I am proud of the work we have done, I am excited for what our future holds. Please join us in Enabling Seniors to Age in Place.
-Peter