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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

Dear Friends and Neighbors,

April 2023

***No senior in our community should be left isolated or hungry—no loved one, no friend, no neighbor!***

Every senior in our community deserves to live a vital and independent life—to **age in place** with access to nutritious food, Alzheimer's care services and caregiver support as needed, transportation services, and senior center health and wellness activities to live a happy and healthy life.

Peninsula Volunteers, Inc. (PVI) is in our **75<sup>th</sup> year**, dedicated to **enabling seniors to age in place**. We are leading senior care in the community, addressing the pressing issues of aging adults. And we cannot do it without you.

## The challenges of aging are now greater than ever

Seniors remain disproportionately vulnerable and are struggling to stay afloat today in post-pandemic living. Federal **emergency allotments for food ends** in April, triggering the **"hunger cliff"** for individual recipients. Historic **inflation** is further straining financial resources for basic needs beyond sustainability and shutting our seniors out. Widespread **loneliness, social isolation, and hunger and health inequities** cut deeper into our culturally and ethnically diverse community lives. Recent weather events and **power outages** hit those most in need hardest. The **aging population is growing**, and the funding gap is widening. Please view the significant **impact on seniors** by the numbers on the back of this letter.

## Your generosity matters

You and your gifts count, enabling us to change the lives of local seniors for the better. Because of you, **we have not missed a day** in preparing and delivering **over 177,000 nutritious meals** annually to seniors in need; offering therapeutic **care to those with Alzheimer's** and easing the burdens of **overwhelmed family caregivers**; providing daily meaningful **activities and social connections** to isolated seniors; and providing vital **transportation rides** for daily needs. PVI's new and fast-growing weekly **"Got Groceries" program** partnership is now providing almost **250 seniors per month** with a vital lifeline of **3,000 pounds** of protein, dairy, pantry items and fresh produce. Take a moment on the back of this letter to learn more about Antonio, Deepa, and Pearl whose lives are changed because you care.

## Join us as we transform aging

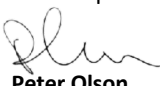
PVI will continue to **transform aging** in our local communities, changing the way seniors are cared for and treated as valuable members of society. New levels of concierge caregiver and family support services, expansion of innovative community partnerships, and extension of our local geographic reach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

**You can make a difference right now.** Your gift of an amount that is right for you\* is indispensable to **Antonio, Deepa, Pearl** and for the **thousands of local families relying on us** for their daily health and well-being. PVI's Meals on Wheels program waitlist is now 322 and new inquiries have risen to 189. **Together** we can fill empty plates with nutritious food and provide daily Alzheimer's care, stimulating wellness activities, and reliable transportation to your neighbors who need us most.

You may give securely online at [www.1pvi.org/donate](http://www.1pvi.org/donate) or with the enclosed remit envelope. Please show this letter to friends who share your passion to help extend senior health and independence. We are grateful for your gift of any amount that is right for you to help us protect our local seniors and families.

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

With hope and gratitude,



**Peter Olson**  
Chief Executive Officer



**Georgie Gleim**  
Chairman of the Board/Board President

*Your past support has allowed us to address the critical needs of our seniors in our local community. We look forward to that partnership continuing, as we enable our seniors to age in place.*

*Thank you for helping seniors in our community to age in place!*  
-Peter

# Celebrating 75 years

## PVI

Enabling Seniors to Age in Place



**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.**

*When a senior is in need, hope keeps them going.  
PVI is that hope - Rebecca Matteson Nelson*

### HEALTHY FOOD, SECURITY, AND INDEPENDENCE

In declining health, Antonio is no longer able to shop or prepare healthy food on his own. He skips meals and does not want to bother his family or neighbors for help. Antonio's adult children turned to PVI's Meals on Wheels and now Antonio can stop wondering where his next meal will come from. He can focus on enjoying family and his caring friendships with neighbors. Antonio's conversations and stories he shares with his loyal meal delivery driver are the highlight of his day.

**"I think the world of PVI, I don't know what I would do without your meals."**



Antonio, 74

**"Bless you and the work you do. Our deepest gratitude to each of you for the kindness and care you provide our loved ones."**



Deepa, 72

### NURTURING CARE, PURPOSE, AND GRATITUDE

Sunita unexpectedly became her mother's sole caregiver after Deepa's Alzheimer's diagnosis last summer. Then three close family members passed away, leaving mother and daughter alone without family to deal with this difficult diagnosis and overwhelming grief. It soon became impossible for Sunita to care for her mother and work, so she sought help from their family physician who recommended PVI's Adult Day Services. When she enrolled her mother, Deepa responded wonderfully to the specialized care, experiencing new joy and purpose in her life. Sunita also appreciates the support caregivers receive. Both mother and daughter have been profoundly impacted by PVI's support.

### Daily Senior Impact:

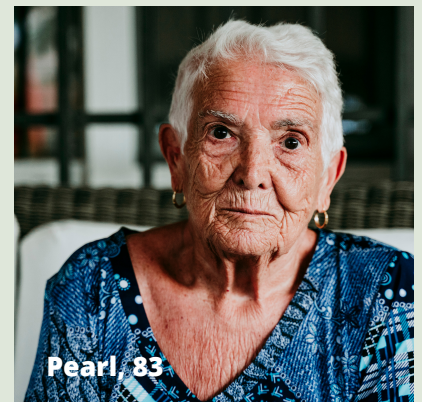
**1 in 6 seniors is facing hunger**

**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**



Pearl, 83

### COMMUNITY, FRIENDSHIP, AND COMPASSION

Pearl felt lonely and isolated in her new surroundings after she relocated to Menlo Park. She longed for social companionship and found PVI's Senior Activity Center. Pearl relies on her wheelchair to get around due to a condition that prevents her from walking. She was delighted to find the center is accessible and all on one floor. She quickly felt welcome and was invited to play mahjong with a group. Pearl has made many new friends and now wheels herself 1.5 miles to Little House 3 times a week to participate in multiple programs.

**"I now feel part of a community, my second home!"**

### Community Voices

**"I was delighted to find out the mission of PVI was to honor older adults like my mom." I like the positive vibes here. I'm amazed by the people working in different roles toward the same mission!" - Hiroko, Volunteer**

**"It's my privilege to support the wonderful work that PVI is doing for our community" - PVI Donor**

**"Your weekly groceries helps me make ends meet" - Ruth, Got Groceries Program beneficiary**