



Board of Directors

Salutation

November 2023

Georgie Gleim
Board Chair/President

Who is overlooked right here in our own community?

Sandra Ferer
President Elect/Vice President

We are living through extraordinary and uncertain times with many worthy concerns vying for your attention and support. One that is often overlooked and neglected: **The well-being of our senior adults and their essential daily needs**, even right here in our community. They are your parents, grandparents, neighbors, and friends--the ones who have contributed so much to the communities we enjoy today. Where would we be without them?

Anna Marie Janky
Secretary

The growing challenges of aging intensify during the holiday season

Honor Huntington
Treasurer

Candice Schwab
Past President

We hope you enjoy a wonderful holiday season with your family and friends. For many local seniors this will not be so. Older adults on fixed incomes **are disproportionately vulnerable to inflation**, struggling to stay afloat with the rising costs and **facing impossible choices** between paying for food, medications, transportation, or other critical needs. The escalating challenges of **senior hunger**, widespread **loneliness**, and **social isolation**, which was worsened by COVID, now reach more deeply into every corner of our diverse community, outstripping **local aging population growth** and widening the funding gap.

Jan Barker
Jan Conomos
Lisa Deal
Linda Dickinson
Sandra Ferrando
Jeanne Fischer
Mark Flegel
Lata Goel
Deborah Gordon
Susan Martin
Louise Patch
Carolyn Rianda
Carolyn Schutz
Susan Sweeney
Patricia Wilkinson-DeBrincat

Right now, **Angel** runs out of money to buy food each week. **Lily** is disabled and cannot shop or cook for herself. **Nadia** is facing a life-altering decision this morning to quit her job to care for her father diagnosed with Alzheimer's. **Celeste** has an appointment today for her cancer treatment and no longer drives. **Ron** lives alone with no one to spend the day with. PVI is here with meaningful programs for critical needs like these, **enabling seniors to age in place** with essential programs that also help to reduce use of costly health care services.

Your generous impact matters! You are changing lives!

Chief Executive Officer
Peter Olson

We live in a community that counts on each other and our most vulnerable are looking to you. Because you care, PVI can freshly prepare and deliver **179,000 life-changing nutritious meals** annually to seniors in need; re-open our Café for weekday lunches; offer therapeutic **care to those with Alzheimer's** and Aging Life Solutions for **overwhelmed family caregivers**; provide daily meaningful **activities and social connections** for otherwise isolated older adults; and provide **10,500 essential transportation rides** for daily needs. PVI's fast-growing weekly **"Got Groceries"** program is providing over **450 seniors per month** with a vital weekly lifeline of over **6,000 pounds** of protein, dairy, fresh produce, and pantry staples. Take a moment on the back of this letter to learn more about those whose lives are changed because you care.

Services

Join us as we transform aging and reach more seniors in need

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

PVI will continue to **transform aging** in our local communities, changing the way seniors are cared for and treated as respected and vital members of our community. Expansion of innovative programs, community partnerships, and geographic reach will meet the challenges ahead for you and your senior family members. **Together** we can fill empty plates with nutritious food and provide daily Alzheimer's and caregiving support, stimulating wellness activities, and on-demand transportation to your neighbors who need us most. Help protect our local seniors and families and create a future where no senior in our community is left isolated or hungry.

Yes, I want to help today: Your special year-end gift of an amount that is right for you* means everything to the **thousands of local families relying on us** for their daily health and well-being. Please help us close our current Meals on Wheels waitlist gap of 150 this holiday season. You may give securely online at www.1pvi.org/donate, with the enclosed remit envelope or QR code. Please give this letter to friends who share your passion to help extend senior health and independence. We are grateful for any gift of support. And if you have just given, we thank you.

*\$500 funds one month of PVI Meals on Wheels for two at-risk seniors; or a fitness membership for one year; or helps fund Aging Life Solutions; \$700 funds one week of Adult Day Services; *\$2,500 funds an iPad and training for a senior; or Ride PVI transportation services for one month for five seniors.

With hope and gratitude,



Peter Olson
Chief Executive Officer



Chairman of the Board/Board President

With your help, we are making a critical difference to our seniors with support for food, transportation, and important personal connections with others. -Georgie

Because of your support, seniors can live longer, happier and more fulfilled lives. -Peter



For over 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 and Aging Life Solutions at Rosener House; Health, Wellness and Lifetime Enrichment offerings at Little House; and RIDE PVI, our on-demand Transportation Service at Little House.

DAILY SENIOR IMPACT:

1 in 6 seniors is facing hunger

1 in 2 seniors living alone are without the finances for basic needs

1 in 3 seniors dies with Alzheimer's

1 in 4 seniors live alone and feel lonely

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



SCAN TO DONATE FROM YOUR SMART PHONE FOR AN IMMEDIATE IMPACT.



Pawan & Shanti

NUTRITIOUS MEALS, INDEPENDENCE, AND PEACE OF MIND

When Lily's caregiver daughter moved to Sacramento, Lily found herself relying on soup or costly microwave meals. She was afraid she might have to move from her home and her Redwood City community of 53 years. Now PVI's Meals on Wheels "is a true lifesaver"! Lily is so thankful for the healthy food and those who deliver the meals and talk with her. She can remain in her home and **"now I won't be lying to my daughter when I tell her I have something good for dinner!"**



Lily

COMMUNITY, FRIENDSHIP, AND COMPASSION

Pawan's father passed away 10 years ago from cancer, leaving his mother, Shanti, a grieving widow after more than fifty years of marriage. Shanti has been a giver all of her life, and as a teacher, touched thousands of lives. With her husband no longer by her side, Shanti showed-up at the front door of PVI's Little House not knowing a single soul. She started teaching others how to knit. In no time, she had a support system of friends with common interests and who had also lost loved ones. The COVID lockdown significantly impacted Shanti, yet her mood and anxiety symptoms improved once Little House re-opened and she could rejoin her friends. Pawan and other experts strongly believe that socialization and community have a greater impact on quality of life than any other medication. **"Our family is so grateful for the immeasurable impact that PVI and Little House has on our mother and surely for all of the those who call PVI their second home."**

Your help gives hope this holiday season and all year long!
-Rebecca Matteson Nelson



Carlos

SAFETY, NURTURING CARE, AND RESPIRE

Carlos started coming to PVI's Adult Day Services Program in August, suffering with Alzheimer's. His daughter, Nadia, was very anxious to find help for her dad and give her mom much needed relief from overwhelming daily care needs. She cried happy tears when she was referred to PVI's program and staff who would care for her dad. She returned to her work teaching school reassured. Carlos recently wrote to PVI about how he feels about Rosener House. **"I feel that I am alive again, it is like a new dawn. Thanks from the bottom of my heart to each of you."**



Angel

HEALTHY FOOD, KINDNESS, AND GRATITUDE

Angel has been coming to PVI's Little House for help with her taxes for several years. On one visit, she noticed a long line of people for PVI's weekly Got Groceries? program for those struggling with the high cost of food. Angel asked if she could sign up to participate. Now Angel comes each Wednesday to pick up her bag of grocery items and enjoys talking with others who come to PVI for the same support. She says "we even swap recipes with each other and everyone is so nice to me." **"It is an absolute lifeline for me—and a real community blessing for sure."**