



April 2024

Board of Directors

Georgie Gleim
Board Chair/President

Sandra Ferer
Vice President

Anna Marie Janky
Secretary

Honor Huntington
Treasurer

Candice Schwab
Past President

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

Chief Executive Officer
Peter Olson

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

Peninsula Volunteers, Inc.
800 Middle Avenue
Menlo Park, CA 94025
Tax ID #94-1294939
650-326-0665
www.1pvi.org



Scan Above

We hope that Spring finds you in good health and good spirits. We are writing today to spotlight the urgency of the ongoing crisis facing seniors in our local communities, and to invite you to join Peninsula Volunteers, Inc. in creating a future where local seniors can ***age in place*** surrounded by the support and care services they need to thrive—without the negative health impacts of daily hunger, loneliness, and isolation.

Seniors and their families are struggling to stay afloat right here in our own community.

Rising costs of living and economic uncertainty continue to place immense financial strain on the lives of older adults. Thousands of local seniors in our affluent SF Peninsula are ***unsure of where their next meal will come from***. The ***“epidemic of loneliness”*** is equally pervasive, with countless older adults living in solitude, yearning for the warmth of human connection. ***The U. S. Surgeon General*** identified loneliness as epidemic in the U.S. ***San Mateo County*** declared loneliness a public health crisis in January and Supervisor David Canepa is now championing this critical issue. We are also confronting the staggering rise in Alzheimer’s and other dementias among our aging population and the care-giving challenge that families face dealing with these devastating diseases. And if this were not enough, ***less than 2% of institutional funding goes to causes related to aging***. The fastest growing age group needs our help, and we are failing them miserably.

Those who are hurting are not strangers—they are our neighbors, parents, and grandparents!

We can miss seeing these struggles when they are not reflected in our own families. The truth is, those who are hurting are not strangers—they are our neighbors, our parents, our grandparents. Older adults on fixed incomes who have worked tirelessly throughout their lives only to ***face the impossible choice*** between buying groceries or other essential needs like rent, medicines, transportation, and utilities. This is not OK.

It is an everyday thing. Not just a holiday season thing.

Right now, **Berniece** runs out of money to buy food each week; **Patrick** is homebound and cannot shop or cook for himself. **Wendy** is struggling to work and manage care for her father who has Alzheimer’s; **Fatima** no longer drives and needs safe and easy transportation; **Lori** lives alone with no one to spend the day with. PVI is ***transforming aging*** in our local community with meaningful programs for critical needs just like these, ***enabling seniors to age in place*** with essential programs that also help to reduce use of costly health care services. Please take a moment on the back of this letter to learn more about those whose lives are changed for the better because you care, as well as the meals, groceries, lunches, rides, dementia care and caregiver support your gifts have funded.

Help us restore hope and reach more seniors in need!

You make it possible for us to help more seniors like **Berniece, Patrick, Wendy, Fatima, and Lori**. We are so grateful that we live in a community where our most vulnerable can look to you for hope and help. By giving where you live, you can provide the lifeline our local seniors so desperately need and profoundly change their daily lives.

Yes, I want to make life-changing impact today: Your special Spring 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. 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. If you did not have an opportunity to give over the holiday season, we are grateful for what you can do today. And if you have recently given, we thank you.

****\$500 supports 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 supports one week of Adult Day Services; *\$2,500 supports 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

Georgie Gleim
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 at Rosener House; Senior Activity Center at Little House; and RIDE PVI, our on-demand transportation service.

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 or other dementias.

1 in 4 seniors live alone and feel lonely.

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

Because you care, PVI is able to prepare, deliver and provide:

- Over **122,000** life-changing nutritious meals annually.
- Plus an additional **3,900** meals with a pending new route in Santa Clara County.
- Over **40,000** pounds of protein, dairy, fresh produce, and pantry staples to date to over 450 families weekly.
- Over **4,150** on-site café lunch meals to date.
- Over **54,600** essential transportation rides since program launch.
- Daily meaningful activities and social connections for over **6,000** households.
- Therapeutic daily care for those with Alzheimer’s.
- Aging Life Solutions for overwhelmed family caregivers.

“PVI has created a very welcoming atmosphere for senior learners and volunteers. I feel happy when each senior feels valued. Volunteering at PVI has enriched my life too and I am thankful for the opportunity.” - PVI Volunteer

*Data Sources: Meals on Wheels America, Council of Aging, County of San Mateo, Surgeon General of the U.S., AARP, Supervisor David Canepa

When a senior is in need, hope keeps them going. You and PVI are that hope! - Rebecca Matteson Nelson



HEALTHY FOOD, PEACE OF MIND, AND CONNECTION

Patrick is in his mid-80s and has lived on the peninsula for most of his life. With the increased costs of living, he and his family were concerned yet committed to keeping him in his home. After Patrick’s wife passed away last year, he began struggling to access nutritious food and his health deteriorated. Patrick’s daughter, Marlene, connected with PVI’s Meals on Wheels and learned her father would be a good fit for the program. He began receiving meals and his health started to improve. An unexpected benefit for Marlene and Patrick is the friendship he developed with his Meals on Wheels delivery driver. His driver not only brings nutritious food, but genuine, friendly connection.

“My health has improved since I started receiving PVI’s home delivered meals. It brings my family peace of mind, knowing that I now have nutritious food at home.” - Patrick, PVI Meals on Wheels recipient



BELONGING, PURPOSE, GRATITUDE

After recovering from a long cancer battle Lori was very isolated and some days her TV was her only companion. Her apartment manager recommended PVI’s Little House; Senior Activity Center and she decided to give it a try. Seeing activities to join, hearing laughter, and meeting people to connect with made Lori instantly feel welcome. Lori beat cancer and now she’s beaming senior isolation. She’s blossomed and rediscovered joy in the company of others. Since joining Little House Lori regularly exercises, listens to live music, and even tries her hand at Mahjong.

“I’m grateful that I’m not at home all day anymore. I’m at Little House with my friends.” - Lori, Little House Member



LIFESAVER, NURTURING CARE, AND FAMILY SUPPORT

Wendy’s father, Dennis, received a devastating dementia diagnosis in 2020. For two years, Wendy and her husband did their best to care for her father with the support of family and friends, but the couple realized they were at burnout and needed additional help. After a PVI open house event and an endorsement from their family physician, Wendy felt that the adult day services program at Rosener House would be a good fit. Wendy was encouraged by the program affordability and the professional staff, especially since her father had limited savings and no care insurance. Wendy realized that her father was in the right place. He loves the activities, has taken up singing, and is thriving. Dennis’ mood has improved at home and he is more alert and engaged with the family.

“A wave of relief washed over me when I first dropped him off at Rosener House. I almost cried as I let go of two years of stress trying to hold it all together 24/7. Connecting with other caretakers is also amazingly helpful. I now know I am not alone.” - Wendy, Daughter of Adult Day Service Program Participant



SAFETY, RELIABILITY, AND INDEPENDENCE

Fatima no longer drives due to vision loss. She quickly found herself struggling to attend critical medical appointments. Before discovering Ride PVI she used other ride services and transportation options, yet found them unsafe, unreliable, and unaffordable. Fatima also felt frustrated never being able to talk to a real person and with the pressure to download an app. Since registering with Ride PVI, Fatima has been able to attend all of her medical appointments, get groceries, and even meet friends for the Café lunches at Little House!

“I really like getting rides when I need them and appreciate Kamilah going above and beyond to ensure I make it to my doctor’s appointments.” - Fatima, RIDE PVI Participant