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800 Middle Ave.
Menlo Park, Ca 94025

A Hidden Crisis: Our senior community faces rising costs, hunger, and isolation.

We wish you a joyous holiday season with family and friends. Unfortunately, for many local seniors this will not be so. Many causes seek your support in these uncertain times, yet it is vital to highlight the **hidden crisis affecting seniors**-- the very core of our community. Despite local prosperity, older adults on fixed incomes silently struggle with soaring costs of food and other essential daily needs, **exacerbating hunger** and increasing the risk of health issues.

The Surgeon General and San Mateo County have identified the **epidemic of loneliness** as a public health crisis. **Alzheimer's and dementia** are surging among our aging population, creating overwhelming care-giving challenges for families faced with these devastating diseases. And alarmingly, **less than 2% of institutional funding** supports aging-related causes.

We often overlook the magnitude of these struggles when they don't directly impact our own families. These urgent issues ripple through families of neighbors and friends, parents and grandparents, raising serious concerns for our diverse region's **fastest growing senior demographic** over the next decade and beyond.

Challenges intensify during the holiday season.

How are these challenges impacting countless local seniors during this holiday season? At this moment, **Calvin** lives alone on a fixed income since his wife passed away. He longs for companionship and connection while also finding it increasingly hard to afford food each week. **Ruth**, homebound with a broken hip, can no longer shop for food or cook for herself. **Joyce** is overwhelmed by her husband's devastating Alzheimer's disease. **Nancy** needs safe and reliable transportation now that her severe vision loss makes it impossible for her to drive. **Willie** is eager to stay connected with out-of-state grandchildren yet struggles with using technology and misses family connections. PVI provides life-changing support for each of these families with a spirit of hope that transcends the holiday season. Please see the back of this letter to discover the lives you've touched.

Help us reach and support more seniors in need.

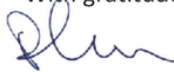
PVI envisions a future where local seniors can **age in place** surrounded by meaningful support and care services to live vibrant, engaged, and healthy lives. With your support **PVI's Meals on Wheels** freshly prepares and delivers over **160,000** nutritious, locally sourced meals annually, with new routes being added. Through our **Got Groceries** program, we have fed 150 families a week over **197,500 pounds** of protein, dairy, fresh produce, and pantry staples to date. We foster over **12,000** social connections and offer more than **3,500** classes and events at our Adult Activity Center at **Little House**. Through **RIDE PVI**, we provide **13,000** safe and flexible rides for seniors. We also offer customized solutions for family caregivers and provide Adult Day Services at **Rosener House** to meet the unique caregiving needs of those with Alzheimer's.

Your local giving drives local impact!

Make your life-changing impact today: Your special year-end gift of any amount that is right for you* directly supports vulnerable local seniors and means everything to the **thousands of local families relying on us** for their daily health and well-being. Your gift puts food on plates, helps create new meal routes, eliminates meal waitlists and enables innovative programs to address isolation and care needs. Give securely online at www.1pvi.org/donate or use the enclosed remit envelope or QR code. We are so grateful for your support. Please share this letter with friends who have a passion to promote senior health and independence. **If you have recently given, we thank you!**

* \$500 provides PVI Meals on Wheels for two at-risk seniors for a month; \$700 supports a week of Adult Day Services; \$1,200 funds an annual premium membership at PVI's Adult Activity Center at Little House; \$2,000 funds 100 round-trip rides for seniors; \$2,500 funds an iPad and training for a year.

With gratitude and hope,



Peter Olson
Chief Executive Officer



Georgie Gleim
Board Chair/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



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 five core programs serve over 6,000 households and address the most pressing issues of aging adults by offering services to sustain daily physical, nutritional, emotional, and mental health in support of vibrant, active, and connected lives.

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 and other dementias

1 in 4 seniors live alone and feel lonely

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

YOUR GENEROSITY CAN CHANGE A SENIOR'S STORY.



SCAN TO DONATE TODAY!

TAX ID # 94-1294939

Your generosity means no local seniors go hungry or are alone. -Rebecca Matteson Nelson



NUTRITIOUS FOOD, GRATITUDE, AND HEALTH

Ruth has always embraced life with independence. But after a fall broke her hip, her mobility and balance was compromised. Cooking was challenging and she started to rely on canned food and snacks. Concerned for her well-being, her family reached out to **PVI's Meals on Wheels** and Ruth now has nutritious meal deliveries providing her both a lifeline and heartfelt connections. Her family says that PVI has been a godsend for their aunt, stabilizing her weight and lowering her blood pressure, allowing her to reduce medication. Ruth's spirits have improved and she loves knowing that her food is fresh and healthy. With every friendly delivery, Ruth can cherish her independence and the compassionate community that was there in her time of need.

"I love the fresh meals and the people who deliver them!" - Ruth



FREEDOM, INDEPENDENCE, AND PEACE OF MIND

At 82 Nancy fondly reflects on driving and the sense of freedom and independence it gave her. Unfortunately, over the summer Nancy received the daunting news that every senior dreads. Her severe vision loss meant that she couldn't renew her driver's license. The weight of reliance on friends, family, and public transportation soon sunk in. Friends and family were sometimes unavailable, and public transportation often felt unsafe, leaving Nancy isolated and missing important appointments, and skipping needed errands. Her crumbling independence worried those around her, prompting a caring neighbor to recommend using **RIDE PVI**. Nancy was wary of using a transportation service, yet a conversation with PVI's friendly ride coordinator set her mind at ease and assured her that all rides are monitored start to finish. Nancy has regained her freedom and independence as an enthusiastic RIDE PVI user!

"I love being able to get up and go! RIDE PVI brought me back to life." - Nancy



SUPPORT, CONNECTION, AND RESPITE

When Joyce first faced her husband Herbert's Alzheimer's diagnosis, she tackled the journey alone for five challenging years. As Herbert's condition progressed, his once jovial spirit faded, leaving him withdrawn. Joyce knew they needed help yet wanted to keep Herbert at home as long as she could. She found PVI's onsite **Adult Day Services at Rosener House** to be the perfect blend of support and therapeutic care. Initially worried that Herbert wouldn't engage with staff and others, Joyce was overjoyed to learn that he was not just participating but singing in the music sessions! The programs re-ignited a spark in Herbert. Joyce still struggled with managing her own well-being and household needs for Herbert and she turned to **PVI's Quiescence** program for family caregiver support resources to help her cope. Rosener House has been transformational for both Herbert and Joyce, offering renewed hope and strengthening their connection.

"Rosener House brought my husband's light and smile back." - Joyce



COMMUNITY, CONNECTION, AND ENRICHMENT

After losing his wife, Calvin felt overwhelming grief and uncertainty about the future. He had no energy to stay active and his health began to suffer. Calvin's children were worried about him and encouraged him to join **PVI's adult activity center at Little House**. He was initially hesitant, yet Little House has become Calvin's go-to sanctuary, offering friendship, fitness, and food under one roof. This did not happen overnight, yet a welcoming group of chess players helped him form meaningful connections. He also discovered a newfound interest in the fitness programs offered. Over time he confided to his trainer that was struggling to afford food. Thankfully, **PVI's Got Groceries** program stepped in, providing Calvin a weekly bag of fresh food and staples and a health safety net.

"I don't know what I would do every day without Little House." - Calvin

I urge you to consider the power of your support. You can change lives right here in our community. Thank you! -Peter