



April 2025

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family caregivers

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

Our senior community needs you right now.

We hope that you are doing well as spring blooms around us. We are writing to share the challenges our senior community continues to face, and the real impact it is having on so many of our neighbors. We are all living in ***an extraordinary time of change and uncertainty***. We feel it ourselves. Imagine, though, how daily life is for older adults in our community who are facing the harsh realities of hunger, isolation, and the rising costs of food, energy, and essential healthcare needs. ***These costs are a devastating burden for those on fixed incomes***, making it incredibly difficult to meet the most basic needs while anxiety about tomorrow grows stronger every day.

The economic landscape is more uncertain, yet PVI is steadfast!

For 78 years, ***Peninsula Volunteers, Inc. (PVI) has continued to serve as the trusted, steadfast lifeline*** for your older loved ones and neighbors, thanks to the unwavering local generosity of individuals like you. No matter what is happening in the world around us, PVI remains a constant—helping seniors ***age in place*** in the homes they love, surrounded by the support and care services they need to thrive. We are proud to be here for the older adults who rely on us and are so grateful that you are by our side with the support that makes it possible to fulfill our mission.

Your generosity matters!

You can see the impact of our vital programs every day. Seniors like ***Kenneth***, burdened by loneliness, find companionship and connection; ***Maggie***, homebound, receives nutritious meals delivered right to her door; ***Pedro*** gains critical support for his wife with Alzheimer's and his own well-being; ***Shirley*** now has reliable rides to medical appointments. Please see the back of this letter for your impact on your neighbors who depend on PVI as their trusted support system, and the meals, groceries, rides, dementia, and caregiver support your gifts make possible.

Help protect local seniors no matter what changes occur around us.

As we have been for all these years, PVI is committed to ensuring that no senior goes without the support they deserve. Right now, over ***210 older adults are waiting for meals*** across the counties we serve, with ***over 40 additional*** weekly requests. PVI has the operational capacity and heart to support them all and more—we simply need your help to bridge the funding gap. Despite the increasing demand, only a small fraction—***less than 2% of institutional giving addresses seniors' food and aging needs***. With ***loneliness declared a public health crisis*** by both the Surgeon General and San Mateo County, the challenges our seniors face are more complex. Current economic uncertainty only adds to the urgency.

Your local giving creates a profound local impact!

Many worthy causes seek your attention and support, yet you can make a lasting impact on the lives of seniors today. Together, we can strengthen the reliable foundation of care for our senior community, ensuring that needs are met no matter what changes occur around us. We are deeply grateful for your continued generosity that helps more seniors like ***Kenneth, Maggie, Pedro, and Shirley***, and ensures our most vulnerable are not forgotten.

Make your life-changing impact today: Your gift this spring of an amount that feels right for you* will directly support vulnerable local seniors in need and profoundly change a senior's daily life today—put food on plates, create new meal routes, eliminate the current meal waitlist and strengthen innovative PVI programs to combat isolation and meet complex care needs. You may easily give securely online at www.1pvi.org/donate, or use the enclosed remit envelope or QR code. Please share this urgent need with friends who care about senior health and independence. We are grateful for what you can do today. ***And if you have recently given, we thank you for your invaluable support.***

With heartfelt gratitude,

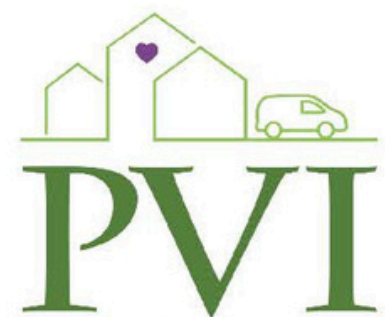
Peter Olson

Chief Executive Officer

Georgie Gleim

Board Chair/President

Thanks to your kindness, seniors in our community feel valued, cared for, and receive the vital help they need to thrive. - Georgie



Enabling Seniors to Age in Place

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 or other dementias.

1 in 3 seniors live alone and feel lonely.

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

Because you care, PVI's life-changing programs and services prepare, deliver and provide:

• Over **180,000** freshly prepared, nutritious meals annually.

• Over **280,000** pounds of supplemental groceries of protein, dairy, fresh produce, and pantry staples to date to over **500** local families in need.

• Over **67,000** door-to-door transportation rides since RIDE PVI's launch.

• Over **3,650** classes/sessions and **13,000** social connections.

• Daily therapeutic care for those with Alzheimer's.

• Quiescence customized solutions for family caregivers.



SCAN TO DONATE TODAY!

YOU ARE THE STEADY SUPPORT BEHIND EVERY SENIOR'S STORY.

*Data sources: Meals on Wheels America, Council of Aging, County of San Mateo, Surgeon General of the U.S., AARP, County Supervisors.

800 MIDDLE AVENUE MENLO PARK, CA 94025 • (650)326-0665 • WWW.1PVI.ORG • TAX ID # 94-1294939

Your generous support provides life-changing stability to the seniors who rely on us. - Rebecca Matteson Nelson



MAGGIE'S STORY: A LIFELINE OF MEALS AND CONNECTION

Maggie, in her 70s, struggles with the daily challenges of grocery shopping and cooking, making it harder for her to keep living independently in her home of over 40 years. Reluctant to accept help at first, she now finds comfort and relief through **PVI's Meals on Wheels program**. The nutritious, locally sourced meals ease her daily worries, and the kind chats with the friendly volunteers who deliver them brighten her days. Maggie feels a deeper sense of security and connection. **"It's not just about the delicious meals; it's knowing that I have a community who cares and understands me"**, she says. PVI's support is giving Maggie nourishment while restoring her confidence to age in her own home with the dignity she deserves.

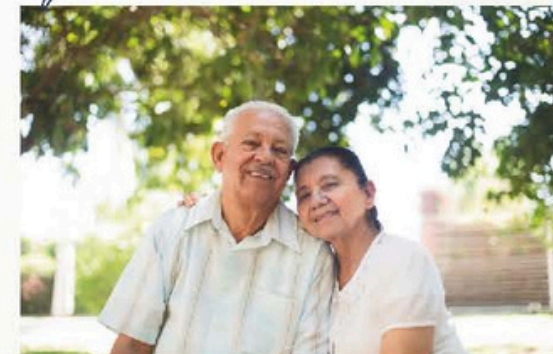
"It's not just about the delicious meals; it's knowing that I have a community who cares and understands me." - Maggie



KENNETH'S STORY: FINDING COMMUNITY AND SUPPORT AT PVI'S SENIOR ACTIVITY CENTER

After the heartbreaking loss of his wife, Kenneth still copes with deep grief and loneliness. He hesitated to re-engage until his children encouraged him to try an art class at **PVI's Senior Activity Center at Little House**. He immediately felt welcomed and making new friends and engaging in creative activities with others gave Kenneth a renewed sense of belonging and purpose. He says **"The classes and events make a huge difference in how I feel every day. I'm no longer sitting at home feeling lonely. PVI gives me a new reason to look forward to each day."** Even with his newfound community, Kenneth still struggles with finding direction after his loss. Grief is such a personal path. He has discovered that the Senior Activity Center is "not just something to do", it is my place for healing" and meaningful connection with peers in the aging journey. Today, Kenneth is embracing a fulfilling new chapter in life.

The classes and events make a huge difference in how I feel every day. I'm no longer sitting at home feeling lonely. PVI gives me a new reason to look forward to each day. - Ken



PEDRO'S STORY: CARING FOR MY WIFE WITH SUPPORT FROM PVI

Pedro's caregiving role for his wife is rooted in deep love and devotion. As Sandra's Alzheimer's disease progressed, it became emotionally and physically overwhelming for Pedro. For a proud veteran used to pushing through challenges, this was different. He worried about Sandra's well-being yet hesitated to seek help. "Could someone else care for her like I do?" That changed when Sandra's doctor referred them to **PVI's Adult Day Services at Rosener House**. **"The staff truly care, and Sandra is safe, engaged, and comfortable,"** Pedro says. Still, the demands of caregiving and household tasks, along with his own aging, left him drained and exhausted. That's when he turned to **Quiescence**, PVI's newest program tailored to support family caregivers. "It is my lifeline," he shares. With the combined support of PVI's customized resources, both he and Sandra are cared for, and Pedro finds space to breathe and the strength to carry on. "PVI gives me the confidence to keep going," he says.

"The staff truly care, and Sandra is safe, engaged, and comfortable." - Pedro



SHIRLEY'S STORY: A SAFE RIDE TO INDEPENDENCE

As Shirley entered her 80s, vision and balance issues made driving unsafe, threatening her cherished independence. She worried about how she'd get to doctor's appointments and run errands until she found **RIDE PVI**, our concierge service designed specifically for older adults. Initially unsure about giving up the driver's seat, Shirley is amazed by the kindness of the drivers and the comfort of the experience. **"RIDE PVI isn't just about getting from one place to another, it's about freedom,"** she shares. Knowing she can get where she needs to go safely has restored her confidence. Her world opened back up. No longer isolated at home, she enjoys meeting friends for coffee and staying active in her community. "I feel safe, independent, and empowered to keep doing the things I love," she says. Thanks to RIDE PVI, Shirley has reclaimed mobility and peace of mind.

"RIDE PVI isn't just about getting from one place to another, it's about freedom." - Shirley

You give hope and security to our senior community in times of uncertainty. - Peter

* \$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.