



Be Part of Their Story — Your gift brings comfort, connection, and care to local seniors.

CAROL'S STORY: SUSTAINING STRENGTH, ONE MEAL AT A TIME

Carol first joined Meals on Wheels in 2019 while undergoing cancer treatment. The daily visits brought nourishment, comfort, and connection during a difficult time. When her daughter moved in to help, she no longer needed the program. In January 2025, Carol faced another battle with cancer and the devastating loss of her daughter. Now living alone with her husband, who is experiencing cognitive decline, Carol reached out again for support. Before re-enrolling, their meals often consisted of cereal, quick but lacking the balanced nutrition they needed. Today, PVI's Meals on Wheels provides them with healthy meals, friendly visits, and peace of mind, allowing Carol to focus her strength on caring for her husband and herself.



"I've seen many doctors. And while their care has been important, I believe the best medicine that I've received has been the compassion, love, and joy through the programs that PVI offers." - Carol

DAVID'S STORY: RESILIENCE FOR HIM, PEACE FOR HER

When David was diagnosed with Alzheimer's, his wife devoted herself to caring for him at home. As his needs grew, she turned to PVI's Adult Day Services at Rosener House for guidance. At first, David attended twice a week and quickly found comfort in the structured, welcoming environment. Through therapeutic activities such as art, music, movement, and memory exercises, David's days became filled with purpose and connection. His mood brightened, and his confidence grew as he engaged with compassionate staff and new friends.

Today, PVI supports David's well-being while giving his wife essential respite and peace of mind, knowing he is safe, active, and cared for. She also feels an added layer of support through PVI's Quiescence program, which provides her with customized family caregiver solutions and resources.



"The support meant everything to me. I don't know how we would have recovered without PVI." - David's Wife

"When I first started art class, I didn't know what to do. I was so scared, but now I've improved a lot and I'm proud of that. I always wanted the chance to learn, and now I do. I have the opportunity to be brave." - Nancy

NANCY'S STORY: EVERY AGE, A BRAVE NEW CHAPTER

At 78, Nancy Cheng embodies lifelong bravery. After leaving Taiwan decades ago, she built a new life in the Bay Area and eventually settled in Menlo Park. Each day, she visits Little House, where she practices Tai Chi, enjoys lunch with friends, and explores her creativity through art classes. The supportive community helps her stay active, independent, and connected, proving that courage grows stronger with age and shared experience.



November 2025

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Contact

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1pvi.org

Dear Neighbors and Friends,

As the year comes to a close, we are reminded that the strength of our community is measured by how we care for one another—especially our seniors. Far too many older adults continue to face hardship. Instead of joy and connection, many are socially isolated, sitting at empty tables, faced with the uncertainty of how to afford food, healthcare, and other essentials.

At **Peninsula Volunteers, Inc. (PVI)**, we see this sad reality every day. Nearly **one in six** older adults have no immediate family at all, and countless others live far from relatives who might otherwise offer support. More than 250 local seniors are currently on a waitlist for meals—and that number is increasing. Seniors on fixed incomes are being stretched to their limits as the cost of food, energy, and healthcare continue to climb. Despite seniors comprising over 17% of the U.S. population, **less than 1%** of philanthropic dollars directly support aging-related programs or advocacy. Government funding simply hasn't kept pace with the increased needs. **We need your involvement now more than ever.** Your support in our programs will help us to "enable seniors to age in place."

Nutrition Services delivers more than 185,000 nutritious meals through Meals on Wheels—often the only meal and friendly visit a senior receives that day. **RIDE PVI** provides more than 13,000 safe, on demand trips to medical appointments, grocery stores, and social activities, keeping seniors independent and engaged in their community. At our **Adult Activity Center, Little House**, older adults discover friendship, fitness, and purpose through wellness and enrichment programs. At **Rosener House, our Adult Day Services Center**, families impacted by Alzheimer's and dementia receive expert care and compassionate support. With our newest program, **Quiescence**, family caregivers receive customized support and resources, helping them care for their loved ones without losing themselves in the process.

Each week we meet seniors whose lives have been transformed thanks to your generosity. *Carol*, who lost her daughter and faced lonely days, now looks forward to the friendly visits and nutritious meals delivered through Meals on Wheels—a small act that brings security and companionship. *Kim*, who can no longer drive because of vision loss, depends on RIDE PVI to get to social activities—keeping her engaged and independent. *William*, tirelessly caring for his wife with Alzheimer's, finds moments of relief, guidance, and support through our Quiescence program—giving him the strength to care for his loved one while preserving his own well-being. These are not just stories; they are the real-life experiences of neighbors in our community. Every smile, every meal, every safe ride, and every moment of care exists because you choose to make a difference.

As we prepare for what is ahead, we need your help to continue our mission to "enable seniors to age in place." **Please make your year-end gift today** and help keep our seniors safe, supported, and thriving in the community they call home.

With heartfelt gratitude and hope for the new year,

Peter Olson
Chief Executive Officer

Your support helps our seniors stay active, valued, and connected - right where they belong: in their homes and our community. -Peter

Honor Huntington
Board President

Your gift will make a difference in someone's life. Thank you. -Honor