

Dear Pamela,

This holiday season, we are on a mission. We are asking you to stand with us.

When you stand with us, you stand for seniors.

Seniors like Marjorie...

Marjorie was born in West Virginia and grew up on her family's farm. After graduating high school, she grew restless in her small town and moved to Washington, DC with friends. Marjorie soon found work at the phone company as a switchboard operator, worked her way up the corporate ladder, married her high school sweetheart, had two children and eventually settled in Orlando.

Years later, with her children grown, her marriage ended and Marjorie found herself alone. As she began to get a bit older, her eyesight began to fail, and she became unable to drive. Two years ago she took a fall and the recovery was difficult; Marjorie wasn't eating properly and had all but stopped preparing meals.



Marjorie's children, now living in California and Orlando, work full time and provide as much support as they can. They reached out to Seniors First because they worried about their mom, and wanted her to remain as independent as possible. Now Marjorie receives hot, nutritious meals each morning and looks forward to the visits with the volunteers who not only bring her food, but provide a safety check and much-needed conversation and companionship.

Her son Michael tells us, "Your services have really been such a help to our family. We know that your volunteers are there each morning to check on her when we can't. And she's happy because she can continue to live on her own, which is really important to her."

Marjorie says she loves the food and is so glad to be a part of the Meals on Wheels program. "My children were worried I couldn't live on my own, but I showed them I can do it. I just needed a little help." And we are happy to help you, Marjorie.

YOU MAKE ALL THE DIFFERENCE. THANKS TO YOU:

- Clients report improved health, and feeling safer and more secure in their own home.
- We can provide a senior with healthy meals for one year for roughly the same cost as a 1-day hospital stay.
- Seniors like Marjorie no longer feel isolated and forgotten.

You see, the well-being of our seniors is threatened. 1 in 6 seniors don't know where their next meal is coming from. Many seniors live alone on a limited income with little to no support. Maintaining their personal hygiene is difficult, as is keeping their homes clean and safe.

Turn the page to see how you can help stand for seniors like Marjorie now.



Looming budget cuts threaten seniors.

For over 50 years, Seniors First has provided much-needed assistance for vulnerable seniors through programs like Meals on Wheels and In-Home Care. But pending legislation threatens this support due to potential federal budget cuts and elimination of grants, which could cause a significant decrease in funding of local services such as Meals on Wheels.

Exponential elderly population growth means more seniors – *just like Marjorie* – need our help right now. Providing this additional support is essential, as traditional government funding sources are insufficient to provide much-needed help and services. We cannot let our seniors suffer. Together, we will not.

Seniors First is on a mission to maintain and increase services to seniors.

Our plans for the upcoming year are simple: to secure continued federal and community support, and to increase our donations from loyal supporters like you. Your gifts are so important, and have already helped so many who were in need of meals and assistance. Standing together, we can continue to provide services that help seniors maintain their health, dignity and independence.

STAND FOR SENIORS! YOUR DONATIONS MAKE A DIFFERENCE.

\$25 provides a senior with **personal care** assistance

\$50 provides 2.5 hours of **homemaker** services

\$60 provides a senior with six days of **Meals on Wheels**

\$120 enables a senior to enjoy one month of social activities and hot meals at **Neighborhood Lunch Program** sites

\$350 provides an electric hospital bed in a senior's home, through **medical equipment bank**

\$3200 provides a senior with one year of **Meals on Wheels**

Together we can continue to make a difference in seniors' lives.

Stories like Marjorie's encourage us to not give up – too many seniors are depending on us. We know we can count on you to **stand with us, and stand for seniors.**

Thank you for your continued generosity.

Marsha L. Lorenz
President/CEO
Seniors First, Inc.

Larry Stewart
Board Chair
Seniors First, Inc.

P.S. Time is of the essence! We need your help now to feed hungry seniors and assist those in need. Can we count on you? Please be generous with your donations today.

GIVING IS EASY

Remember, all donations are tax-deductible.

- Place your check in the enclosed envelope, OR
- Pay with a credit card online through our secure website at www.seniorsfirstinc.org/donate