

SERVIN' IT UP

A SERVING OF
 QUARTERLY NEWS
 FROM SENIORSERV

It Could Happen to Anyone

Sometimes change is planned and welcome...and sometimes it's devastating. For Barbara, change happened in 1996, after she took a tragic fall at work. Injuries sustained from this fall would impact the rest of her life. *"This could happen to anyone,"* said Barbara, now 77. *"You never know what will happen from one day to the next."* Barbara experiences difficulty getting around, which makes it nearly impossible to shop or prepare food. Receiving SeniorServ's Meals on Wheels has been essential to ensure Barbara gets the balanced nutrition she needs. *"I'm so thankful for the help,"* she said. *"In my life journey, I've always done for others, so it is very nice to know that now SeniorServ is here for me."*

SeniorServ's Meals on Wheels welcomes year-round support. Please consider helping in the following ways:

- Volunteer to deliver meals
- Sponsor a senior's meals for a day, a week, a month or a year

For more information about how you may provide year-round support, please see the enclosed envelop or visit www.SeniorServ.org.



Barbara enjoying her independence.

Lunch Program is a Lifesaver



Attending SeniorServ's Senior Center Lunch Program has been a life-saving experience for Francis. Before learning of the program 2 years ago, Francis felt isolated, depressed, and *"a little crazy."* She spent her days in solitary, sitting alone in the room she rents. Mealtime was always lonely and consisted of microwaved food from her mini-refrigerator. *"I wasn't doing anything and I didn't have anybody,"* Francis explained. *"I felt like there was nothing to live for and I didn't know how to help myself."* Then, Francis learned of SeniorServ's Lunch Program in Fullerton and everything changed.

Joining the Lunch Program was like becoming part of a family for Francis. She became fast friends with
 (Continued on page 3)

Lunch buddy, Magdalena, with Francis

IN THIS ISSUE

It Could Happen to Anyone.....1
 Lunch Program a Lifesaver1
 A Message From Our CEO2
 Leadership Profile.....3

Ray Inspires3
 Volunteers Deliver Holiday Joy4
 Take a Tour5
 Legacy of Hope5
 Volunteer Opportunities.....6

A MESSAGE FROM OUR CEO

Embrace the Spirit of Giving All Year Long!

The holiday season has passed and SeniorServ remains deeply grateful for the abundance of holiday gifts received from our supporters to cheer frail, isolated and homebound seniors. We've received countless messages of appreciation from seniors requesting that their gratitude be extended to all those who have so kindly remembered them. Debbie wanted you to know... *"It meant the world to me – I had something to put under my tree. This is a very lonely time and you made my day complete."* On their behalf, we wish to extend heartfelt thanks for your generosity and compassion.

Kind acts are traditionally more plentiful during the holiday season, but SeniorServ relies on them to deliver our mission all year long. Hunger knows no season. Imagine the numerous needs that would be met if the spirit of giving during the holiday season were abundant throughout the entire year. With the help of people like you, it happens!

The ongoing gifts of your time, talent and treasure make meeting the basic needs of our seniors possible. Whether you volunteer your time, share your talents, contribute financially, or a combination thereof, our seniors depend on your continuing support to lift their spirits and help them remain living independently in the

homes they love. Marta, one of our clients, said it this way: *"I appreciate the food so very much, yet it's **you** who comes to my door with a genuine smile, a 'How are you?' and a wish to have a good day. These are gifts through the entire year, and I thank each of you from deep in my heart."*

If everyone in our community were to extend themselves as you do to nourish the spirit of giving throughout the year, our collective efforts would produce amazing results and inspire others to do the same. One joy-filled act leads to another.

I'm reminded of a quote by Margaret Mead: *"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

Thank you for your continued support.



Holly Hagler, CEO

THE STAKES ARE HIGHER THAN EVER: HELP US #SAVELUNCH



AT THIS TIME, the stakes are higher than ever to make sure your Members of Congress know just how much Meals on Wheels and the seniors we serve need federal funding to keep these programs strong. You can help us by completing an on-line form going directly to your Member of Congress. In addition, a donation made to SeniorServ will support our programs today.

Let our Congress know:

<http://www.mealsonwheelsamerica.org/take-action/advocate/email-congress-save-lunch>

Make a donation today: www.seniorserv.org

LEADERSHIP PROFILE: Don Lewis



SeniorServ is thrilled to have Don Lewis, CFO of Jaya Apparel Group, serving a second term on SeniorServ's Board of Directors. Previously, Don served a 10 year term on the Board and was instrumental in assisting the organization through a large merger with Senior Meals and Services in 2006. With over 45 years of experience in Finance, Don brings a wealth of expertise to his role as Chair of SeniorServ's Finance Committee. Thank you, Don, for so generously sharing your talent and experience with SeniorServ!

Ray Inspires

Ray has been attending SeniorServ's Adult Day Health Care center for a while now. The Vietnam Navy Veteran suffered a stroke at a young age, but never gave up his fighting spirit. Now 73 years old, he enjoys participating in activities and is committed to maintaining his fitness. He regularly strengthens his arms and legs by using the center's exercise equipment or by joining the group exercise. Although working out is difficult due to limited movement on Ray's right side, he inspires others by exercising daily. *"It is important to stay strong!"* said Ray.

Ray's wife Susie and adult daughter Ashley often volunteer to enhance the center's music program by sharing their talents on music day. Ashley also recently delighted seniors by bringing in a group of her young piano students to perform at the center.

Do you have a talent to share with seniors? SeniorServ's Adult Day Health Care Centers would love your support. You may also help in the following ways:

- Assist with activities
- Engage with seniors one on one
- Donate items for Bingo Prizes
- Help with seasonal decorating and party set up

To inquire about supporting Adult Day Health Care programs, contact Tracy Hall at thall@seniorserv.org or 714-229-3349.



Lunch Program is a Lifesaver

(Continued from page 1)

her lunch buddy Magdalena, and was surrounded by caring people. *"They lifted me up!"* said Francis. Now she enjoys gathering with others every weekday for a hot, nutritious meal. She said, *"I'm happy here! This is a beautiful place."*

Looking for a way to support the Senior Center Lunch Program? Please consider the following:

- Decorations and set up for holiday parties
- Entertainment
- Prizes for opportunity drawings
- Free giveaways to lunch participants
- Lunch Sponsorship

For more information, contact Tracy Hall at thall@seniorserv.org or 714-229-3349.

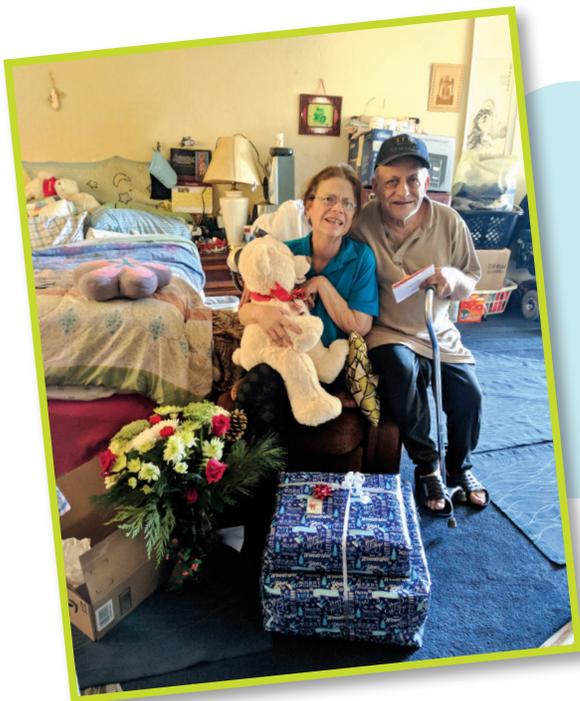
Volunteers Deliver Holiday Joy

In support of SeniorServ's annual Holiday Gift Program, volunteers generously contributed over 900 gift bags and gift cards to homebound seniors, bringing joy to many who may not otherwise have been remembered. We are grateful to each corporation, community group, and individual who participated, bringing the spirit of the holidays to those who need it the most.

One family decided to do something extra special this year — in memory of their father, seven siblings

generously fulfilled personal wish lists for 13 seniors identified by SeniorServ as having especially high levels of need. Gift recipients were delighted as they received every item on their list, along with fresh flowers or a teddy bear. One very special delivery included a brand new recliner!

SeniorServ greatly appreciates your support, and we thought you'd like to hear what it meant to our clients...



Maureen and Francois

"Thank you for your wonderful presents. You don't know us and yet you took us as friends and family. We are old and disabled and have no friends or relatives, but today we have you and are full of joy. After being homeless for many years, we now know how great it is to have people who care. God bless you."

Marta

"I received everything, from my soft warm gloves and vest to my dream wish of a toaster oven that helps me easily prepare my meals. Some of you I've never met, and some I'm fortunate to see your faces with your smiles on a regular basis when you deliver breakfast, lunch and dinner 5 days a week. These are gifts through the entire year and I thank each of you from deep in my heart."



We welcome your ongoing support in 2018!



Getting hundreds of meals ready each day is a team effort. Our employees would love to meet you!

An Invitation to Take a Tour!

Ever wonder how we make hundreds of meals every day? It's all thanks to our commercial kitchen! And we're inviting you to go behind the scenes to see the food prep process and meet the staff yourself.

For more information, call our
Vice President of Advancement, Darla Olson at 714-229-3362.

Rollover Your IRA for Good



Darla Olson
Vice President,
Advancement
714-229-3362
dolson@seniorserv.org

Are you frustrated by the required minimum distribution (RMD) rules?

By taking a distribution from your IRA this year, you will likely pay more in taxes and may even reach a higher tax bracket. Rolling over part of your IRA's "required minimum distribution" or "RMD" to a charity like ours can help reduce your tax bill while supporting our cause.

70½
OR OLDER
YOU CAN
DIRECT UP TO
\$100,000



For more information about making a gift with your IRA, please contact me or visit seniorservlegacy.org



1200 N. Knollwood Circle
Anaheim, CA 92801

NON-PROFIT ORG.
U.S. PROFIT
PAID
TMG

General Information:

714-220-0224

Meals on Wheels & Senior Lunch:

714-823-3294

Adult Day Services:

Anaheim 714-220-2114

Santa Ana 714-558-1216

Volunteer Opportunities

- **Adult Day Health Care Centers (ADHC):** Volunteer assistance is needed at both our Anaheim & Santa Ana ADHC centers to help with coordinating and leading fun activities such as arts & crafts, music, exercise, etc. We are looking for friendly, patient people who enjoy working with older adults and people with disabilities. Bilingual (Spanish) is a plus, but not required. Opportunities are available weekdays.
- **Senior Center Lunch Program:** Volunteers needed in Anaheim and Garden Grove to assist in the kitchen and with registration. Opportunities are available Monday-Thursday, 10:00 AM-1:00 PM.
- **Meals on Wheels:** Drivers needed Tuesdays & Fridays in Brea, as well as other weekdays and locations in North and Central Orange County. Opportunities are available 9:30 AM-11:30 AM.
- **Friendly Visitor:** Volunteers are needed to provide companionship to lonely and isolated seniors living in North & Central Orange County. Visiting times are flexible; evenings and weekends available.



**To inquire about any of these opportunities, contact
Tracy Hall, Director of Volunteer Services
at thall@seniorserv.org or 714-229-3349**