

SERVIN' IT UP

A SERVING OF
QUARTERLY NEWS
FROM SENIORSERV



Message from the CEO

Holly Hagler

Summertime Fun and Beating the Heat!

Summertime is fun-time! You can see it on the happy faces of participants of SeniorServ's Adult Day centers and Senior Café lunch programs as they engage in activities reminiscent of carefree days in the sun. Inside these pages, you'll see how our participants celebrate the summer months with parties, decorations, gardening, and more.

Our homebound clients enjoy the summer, too. They tell us how their spirits are lifted by the sunny greetings delivered with their Meals on Wheels, and the comfort living in their own homes brings them. They find joy in a garden flower or from hearing stories after volunteers return from vacation. Be inspired by this edition's heartwarming stories: read about a special bond between a volunteer driver and two elderly sisters, and Geraldine's story of finding fulfillment through charitable work done at home.

In addition to spreading cheer, SeniorServ also strives to help our clients stay cool, comfortable and healthy during the hottest months of the year. Our case managers offer several ways to beat the heat including providing fans to our homebound clients when needed and/or information on local cooling stations.

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2018 Senior Care Hero Awards: We're Family Now!



Last year, we marked 50 years of service at our Senior Care Hero Awards (SCHA). 2017 SeniorServ Board Chair and long-time sponsor, Mary Ann Vincent (center) celebrated with family members at the gala.

For 8 years, SeniorServ's major fundraiser, the Senior Care Hero Awards, has been honoring the unsung heroes of the senior industry – both those in professional capacities and community members. By now, we've created a "family" of recipients and supporters whose sole purpose for this event is to bring focus to the seniors that we all love and serve, and to recognize the selfless care each nominee has provided. There are 9 categories in which to nominate heroes online from June 1 to August 31. The recipients will be announced at our Academy Awards-style gala on Saturday, October 20th at the Grove of Anaheim, with KTLA Morning News personality, Henry DiCarlo, as our guest host. More information is available at www.SeniorCareHeroAwards.org

We wish to welcome a new member to our family — Fairhaven Memorial Services in Mission Viejo and Santa Ana — as our Diamond Sponsor. We agree with their motto that every senior deserves a "Life Well Celebrated." With an emphasis on loving education and true celebration, Fairhaven reflects a compassionate heart that is in line with our entire family of supporters.

We also welcome back Platinum Sponsor Alignment Healthcare. This is the third year they have generously supported us. We wish to thank them and all our new and returning 2018 sponsors.

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Independent Living Inspires Charitable Work



Geraldine sharing one of her hand-made quilts that she donated to charity.

Living independently means everything to Geraldine, and so does receiving SeniorServ's Meals on Wheels these past ten years. Without the meals, Geraldine's health challenges would prevent her from receiving the nutrition needed to remain living at home; the place she is inspired to engage in the charitable work she loves. During those ten years, Geraldine kept her hands busy by making more than 3000 quilts for charity. "I try to pass on good deeds when I can," she explained.

Geraldine has also received homemaking services, a friendly visitor, and other supportive services from SeniorServ. She said, "I really like the personal aspect of a visitor. It is very special and rare during this time of cell phones and all."

Geraldine appreciates the cheerful meal delivery from volunteers who also often lend a helping hand. "I'd be in trouble without (the folks at) Meals on Wheels," said the eighty-nine year old. "Receiving Meals on Wheels has kept me from being in a rest home."

2018 Senior Care Hero Awards (Continued from page 1)

We are excited to recognize Tom Tait, Mayor of Anaheim, as this year's Senior Care Hero Humanitarian Award honoree, as well as honoring Irvine Health Foundation as the Innovator awardee for their creation of IrisOC.

This year's theme, "We're Family Now" warmly summarizes the sentiments felt by everyone involved in the gala. Susan Papiri, Senior Director of Community Relations at SeniorServ, said, "For eight years, our community and industry leaders have supported this amazing event. We really do feel like family now!"

Last year's event drew 600 guests, whose generosity **helped raise over \$260,000**, providing thousands of meals and loving contact to at-risk seniors.

Sponsorship and tickets are still available. For information, please contact:
Susan Papiri at spapiri@seniorserv.org or (714) 229-5284.



Sheldon Lewin of 7-time sponsor Kaiser Permanente, presenting last year's Outstanding Caregiver Award.

Saturday October 20, 2018
at The Grove of Anaheim



Nourish Our Community

LEADERSHIP PROFILE: Scott Heinila, RICP®



SeniorServ welcomes Scott Heinila, RICP® (Retirement Income Certified Professional), as the newest member of our Board of Directors, and Chair of SeniorServ's Strategic Planning & Organizational Development Committee. A large part of Scott's profession is dedicated to serving the senior market by helping them work toward a goal of having a healthy and comfortable retirement. He does this by working in different capacities, both for other companies and as Founder and President of his own financial consulting firm, Prism Wealth Preservation, LLC. Through his business interactions, Scott has seen first-hand many seniors living without proper nutrition and regular personal social interaction. Thank you, Scott, for joining our team!

Volunteer Driver "Goes the Extra Mile"

Richard has made many friends while volunteering as a Meals on Wheels driver these past 13 years, but the dedication he feels toward sisters Helen and Dorothy is extra special. Now aged 90 and 101, the women need extra help, and Richard happily makes extra time to assist.

Each Monday, Richard saves the last stop for Helen and Dorothy so he has time to stay for a chat. After a cheerful "hello," Richard places their meals in the refrigerator/freezer. Once the meals are tucked away, the trio talks for a bit before Richard checks on any minor tasks that have accumulated since his last weekly delivery. Recently, he fixed Dorothy's hearing aid.

"He is one of the joys of our lives...we can't wait for Richard on Mondays," said Helen. "It's more than just food delivery. He cares about us and spends time with us," Dorothy added.

Since both Helen and Dorothy experience many challenges resulting from poor vision, they do not drive or



Helen, Richard and Dorothy taking time to chat and enjoy each other's company.

cook, and really appreciate SeniorServ's Meals on Wheels. Helen said, "We are dealing with a lot as we get older, but the meals make life so much easier and we are eating healthier now."

Message from the CEO

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Since seniors are especially at risk for dehydration, we inform them of the importance of fluid consumption and tips for staying hydrated. Additionally, for those who are able, we encourage seniors to beat the heat by enjoying our Senior Café lunch program in one of 24 air-conditioned senior centers.

SeniorServ helps sustain independent living and well-being by providing nutritionally balanced meals and

opportunities for socialization. We also aim to support healthy lifestyles and produce happy memories through creative programs and activities. Our annual Senior Care Hero Awards gala helps make this possible. Please see the corresponding article for details on October's event.

Wishing all of you a safe, fun, and healthy summer season!

Holly



Trino, a teacher at the Older Adult/Parent Education Program from Santa Ana College, is bringing his own sunshine as he gardens with Sonia, one of our participants at the Santa Ana ADHC.

A good way to beat the heat...go dancing and enjoy lunch in an air-conditioned senior center with Georgia and Jim.



Summer Fun!



A Beach Party without the sand! Having fun with friends at one of the Senior Café lunch programs with (left to right) Benita, Nely and Maria.



Summer is special for Santa Ana ADHC participant, Victor, who was delighted to have his daughter and many grandchildren join the center in celebrating his 101st birthday in July!



What's better than baseball in the summer? A baseball party with Frank and Debra!

We're proud of our SeniorServ CEO!

While SeniorServ is local, our CEO Holly Hagler recognizes the importance of working collectively with others across the nation. We strive to maintain and use a working knowledge of significant developments and trends in the field of aging while advocating for federal funds to support senior nutrition programs. SeniorServ is a member of and has supported the efforts of the National Association of Nutrition and Aging Services Programs (NANASP) for a number of years now. NANASP is a national membership organization for persons across the country working to provide older adults healthful food and nutrition through community-based services.

Together, we collectively advocate with the other 1,100 members from across the United States for senior health and wellbeing. We work collaboratively with key coalitions, including the Leadership Council of Aging Organizations, the Elder Justice Coalition, and Defeat Malnutrition Today, on issues which concern the older adults our members serve, such as nutrition, Medicare and Medicaid, elder justice, Social Security and other retirement security issues, transportation, and older workers' issues.



Holly Hagler, CEO of SeniorServ, newly elected President of the National Association of Nutrition and Aging Services Providers (NANASP) for 2018/19 pictured with Bob Blancato, Executive Director of NANASP.

Summer Volunteer Opportunities

- **Case Management Fall Internships - sign up now!** Internship opportunities are available with our Social Services Department and Adult Day Health Care centers. Positions are limited, so if interested please inquire soon! Opportunities are available weekdays, M-F.
- **Adult Day Health Care Centers (ADHC):** Volunteer assistance is needed at both our Anaheim & Santa Ana ADHC centers to help coordinate and lead fun activities (such as arts & crafts, music, exercise, etc.). We are looking for friendly and patient people who enjoy working with older people and people with disabilities. Bilingual in Spanish is a plus, but not required. Opportunities are available weekdays, M-F.
- **Senior Center Lunch Program:** Volunteers are needed in Tustin, Fullerton and Fountain Valley to assist with guest check-in and registration. Opportunities are available M-F, 11:00 AM-12:30 PM.
- **Meals on Wheels:** Drivers needed at various locations in North and Central Orange County. Opportunities are available M-F, 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. Scheduling of visits is flexible (evenings and weekends available).



**For more information contact Tracy Hall,
Director of Volunteer Services
at thall@seniorserv.org,
or call 714-229-3349.**

Are You Familiar with the Benefits of Planned Giving?



PLANNED GIVING?

A planned gift is really quite easy — it involves some planning that helps both you and our mission.

The planning tools on our website can help you create a legacy in your will or trust, increase lifetime income for you and your spouse and pass on property to your heirs through a charitable plan.

To learn more about the benefits of making a planned gift, please contact Darla Olson, VP Advancement at dolson@seniorserv.org or 714-229-3362 www.seniorservlegacy.org





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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

Thank you to our Senior Care Hero Awards Sponsors

as of July 13, 2018

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