




SENIORS in SERVICE

GEARED UP TO SERVE

GEARED UP News

Seniors in Service presents the News You
Need to Know About Community Service in
Tampa Bay

Your Donation Is Worth Twice as Much!

 **Suncoast**CreditUnion
Will Match Your Donation
Dollar for Dollar
up to \$55,000

Now more than ever, your donation is needed to help isolated seniors, struggling students, disheartened Veterans, and hungry families. Every donation you make **before December 24** will be matched by Suncoast Credit Union, doubling the good your dollar can do!

DONATE NOW!
To Double Your Impact



Scan here, or visit
www.SeniorsinService.org

Here's how your donation will make a difference!



Hungry families will have
access to nutritious food
they can depend on



Isolated seniors will have
a trusted friend by their
side for support



Disheartened Veterans will
receive resources to
improve their mental and
physical well-being



Disadvantaged children
will have the one-on-one
tutoring they need to
succeed

 **Suncoast**CreditUnion

We are proud to partner with a company like Suncoast Credit Union that represents our shared values. They are passionate about improving life for all Floridians, especially those from traditionally underserved populations. As a financial institution, everything they do is with their members' financial success in mind, from lower rates on loans to their many free services. Suncoast is also committed to giving back to the community. Their outreach programs help seniors and Veterans stay protected from scams, socially connected to the community, and living well. They also support educational programs to help kids succeed in school and beyond.

**Read more to learn how
your contribution will
make an impact in
Tampa Bay!**



Providing Solutions to Community Challenges Through Volunteering

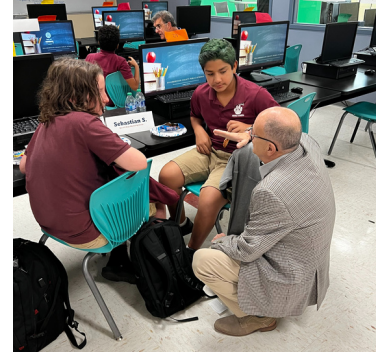
See how over 1,300 Seniors in Service volunteers are providing solutions and making an impact this year!

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250,000+

Volunteer Hours Served



Of every dollar
goes to programs



1,372

Dedicated Volunteers

A Message from Our CEO

Throughout COVID, our volunteers heard the call of our community. Everyone got a taste of isolation and it raised awareness of its dangers and damages. From young USF students to octogenarians, people wanted to help. Our staff has grown from 17 to 35 employees and our volunteer base grew from about 450 to 1,372! That's a movement!



And there's more to do. Children need mentor/tutors MORE THAN EVER! Isolated seniors are still out there. And they've lost some of the support resources they formerly had, as well as a new fear for entering assisted living. As I've said over and over lately, "The problem with isolated people is ... they're isolated people." It takes work to FIND them!

We can connect you to the volunteer opportunity of your dreams! Create strategic vision with our volunteer board of directors, write cards to Veterans and teachers, mentor and tutor kids, provide a lonely senior companionship either on the phone or in person, assist in food pantries . . . there's something for everyone. Join us in our mission and get Geared Up to Serve!

Foster Grandparents are Heroes in the Classroom



Scan to help serve our children and create a legacy for the future!

Imagine the frustration you would feel if you struggled to read. That's the reality for nearly 50% of 3rd-grade students in Tampa Bay. Foster Grandparent volunteers provide one-on-one tutoring and mentoring to help struggling students who face challenges in and out of the classroom. They serve in the same Pre-Kindergarten through 3rd-grade classroom for the entire year, creating a nurturing environment where students feel excited to learn.

Why?

"Before 3rd grade, children learn to read. After 3rd grade, they read to learn." Students who don't read on grade level by 3rd grade are at a much higher risk of dropping out of school. Early literacy-focused tutoring is vital for lifelong success!

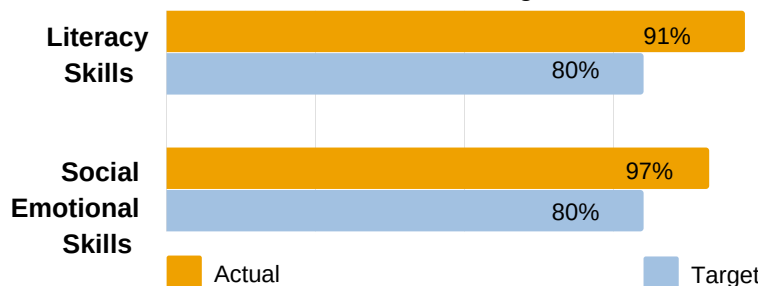


Keith and Mr. Jackson are the PERFECT example that tutors don't just teach kids to read, they teach them to LOVE reading! Mr. Jackson created fun games from curriculum resources that kept Keith engaged. Keith improved his reading level after four months of tutoring. Now he loves to read chapter books!

2021-2022 School Year Outcomes

Exceeded Outcomes in Every Improvement Area!

% of Students Showing Growth*



*Outcomes based on independent teacher evaluations



83,100 hours
of Tutoring



1090 Students
Received Tutoring



202 Volunteer
Tutors

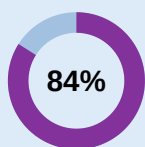


151 Classrooms
Served

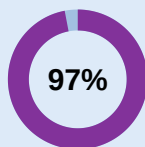
Readers In Motion: Encouraging a Love of Learning

Readers in Motion (RIM) follows the successful model of our Foster Grandparent Program, while enhancing the learning experience with reading challenges, STEM activities, and family engagement. At the beginning of the school year, each student receives a backpack full of educational supplies to inspire learning. Every month kids are challenged to read new books in the classroom and at home. Students who used to struggle are now eager to learn!

2021-2022 Outcomes



84%
of students
tutored improved
literacy skills



97%
of students mentored
improved social
emotional skills



Lockhart Elementary students and parents "build" their love for learning at Readers in Motion Family Engagement Night with Bricks 4 Kidz.

Resource Advocates: Empowering Self-Sufficiency

Resource Advocates are volunteers who connect individuals in need to essential community resources that promote overall wellness and self-sufficiency. Now more than ever, more people are struggling to make ends meet. They need help navigating the complex maze of resources required to improve their quality of life - like food, affordable housing, eviction assistance, transportation, employment, health services, and more. Resource Advocates listen to each individual's story to identify available resources. They determine eligibility, help clients get "document ready", guide applications, and most importantly, follow up to ensure benefits are received.

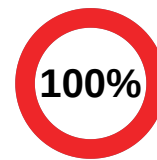
Why?

When a person's life has been turned upside down through no fault of their own by unemployment, rising rent, a medical condition, burdensome expenses or even homelessness, the paperwork and systems designed to help can add to their overwhelming stress. Resource Advocates teach each person to access the resources they need, empowering sustained self-sufficiency to transform their lives.



221

Individuals received support accessing essential resources



of clients reported improved knowledge/access to resources because of their Resource Advocate

Senior Companions make Independence a Reality



The rewards are endless when you give the gift of companionship! Senior Companions are compassionate, trained volunteers who are matched with home-bound elders to provide the essential social connection and assistance they need to remain healthy and independent at home. They share time, interests, and make a friend for life!

Change lives here!

Why?

Florida's population is booming and will reach almost 5.1 million by 2030! Seniors 60+ will account for most of this growth. Nearly one-fourth of these seniors are considered to be socially isolated. Loneliness and social isolation increase the risk of chronic illness, hearing loss, heart disease, hospitalization, stroke, and dementia. Senior Companions beat the odds while helping others too!

"All four of my kids live in Cuba, so I am completely alone here in the states. Irma, my Senior Companion volunteer, is my only family, and I do not know what I would do without her."

Jose Sánchez, Senior Companion Program Client

2021-2022 Outcomes



34,493

Volunteer Hours Served



205

Isolated Seniors Served



59

Senior Companion Volunteers

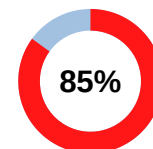
TelePals: Friendly Calls for Social Connection

TelePals helps seniors stay connected through friendly, regularly scheduled phone calls. Participants are carefully matched based on common interests and culture. With compassionate check-ins and support, TelePals can tell someone: "You have a friend who cares."



406

Seniors were matched with a friend who is now just a phone call away



of participants reported they **feel more connected and less isolated**

The bond between Maggie and her TelePal wasn't just a friendship, it was a lifeline. Maggie loved calling her TelePal. They both looked forward to catching up each week. Over time they shared their life stories. One day, Maggie noticed that the spark in her friend's voice was gone. Something wasn't right. With some gentle nudging, Maggie encouraged her TelePal to reach out to her daughter. After the daughter visited, Maggie learned that a relative had moved in and was mistreating her friend. The connection made between these two friends improved the confidence of both. Maggie felt like she made a difference and her friend got the help she needed.



Health Buddies: "Companionship as Medicine"



Scan to help reduce preventable hospital visits and empower someone today!

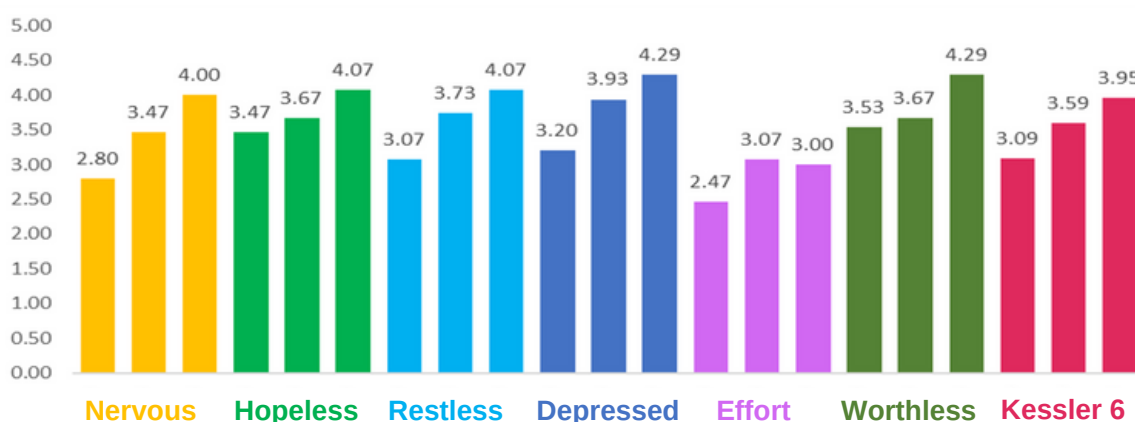
Health Buddies helps older adults with chronic conditions improve mental wellbeing by matching them with a Health Buddy, who empowers them to self-manage their health through comforting, informative phone calls. Clients are isolated seniors referred by community partners they trust. Health Buddies are college students preparing for health careers who offer "companionship as medicine", removing the stigma of seeking help while building the next generation of health professionals. Goals are to help older adults increase social connection, health knowledge, and ability to age-in-place while reducing preventable hospital readmissions. Health Buddies engage in friendly conversation, share information about healthy life choices, and follow up on any client concerns. After 12 weeks, clients who still need support get ongoing companionship and/or resources for other social determinants of health.

Why?

Getting diagnosed with a chronic condition can feel lonely without a trusted friend by your side. Older adults who struggle with chronic conditions and social isolation are often hesitant to seek help. They need someone to guide them in developing the knowledge and confidence to take charge of their wellness.

Health Buddies uses the Kessler 6 Survey, an evidence-based screening tool to measure mental wellness. In just 12 weeks, results show steady improvement from Pre, Mid, & Post test.

- 1- All of the time
- 2- Most of the time
- 3- Some of the time
- 4- A little of the time
- 5- None of the time



Provide "companionship as medicine." Contact us today: healthbuddies@seniorsinservice.org

Operation: Veteran Connect - A Heart for Service



Are you a Veteran or military family member looking to help Veterans in need? Scan to sign up today!

There's a special language spoken by those who have served in the military and their family members. A bond of trust is formed from shared experience. Operation: Veteran Connect Members help Veterans and military families overcome the stigma of asking for help when they need it most. Through compassionate encouragement, they empower their fellow service members with resources to live life to the fullest.

Why?

Veterans have a distinct lived experience with its own vocabulary, knowledge base and tone. And, unfortunately, Veterans account for 11% of adults experiencing homelessness in the US. To serve Veterans effectively, our staff and volunteers must speak that language, know that history, and listen with a compassionate ear to provide assistance.



22,007

Hours Serving Veterans



4,573

Veteran Interactions



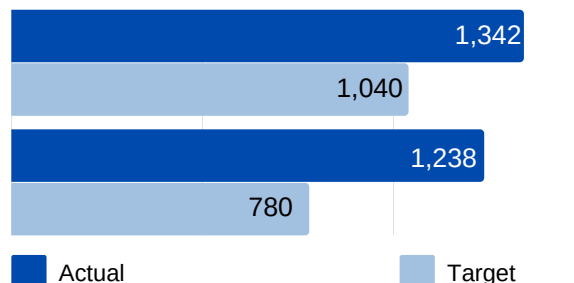
71 Volunteers Serving

2021-2022 Outcomes

Increased Knowledge of Veteran Support Services

Exceeded Goals to Help More Veterans

Improved Access to Available Resources



Neonkita Frazier knows what it's like to experience homelessness and the frustration of trying to navigate the system of social services. For the past year she's made it her mission to help homeless Veterans access the benefits they've earned so they can have a place to call home. She saved one Veteran's life by getting him the lifesaving care he needed. Volunteer Florida honored her dedication with statewide recognition as this year's Volunteer of the Year.



Sharon Abbott is a Veteran with PTSD, and she understands how added stress can impact a Veteran's life. When Hurricane Ian was headed for Tampa Bay, she logged into her computer to help. For those that didn't need to evacuate and were left to wait out the storm, Sharon hosted a virtual Tai Chi and Qigong class designed to calm the mind and body. Fourteen Veterans signed on as she led them through exercises to reduce their anxiety.



Operation: Veteran Connect Members helped friends and family of fallen soldiers locate the names of their loved ones at the Traveling Tribute Wall. The pain for many is still raw. A classmate came to see names of a whole class of Veterans that did not return. A family member upon seeing the name broke down sobbing. For our members, it was an emotional and rewarding experience as they listened to stories and offered words of comfort and gratitude.

Help support our Veterans. Contact us today: OVC@seniorsinservice.org

RSVP: Step into the Best Years of Your Life



Scan here to get matched with the volunteer opportunity of your dreams!

Got an hour? Give an hour! That's all it takes to make a difference. Helping individuals aged 55 and better find a volunteer opportunity of their dreams is our specialty! Retired & Senior Volunteer Program (RSVP) volunteers can help a struggling child learn to read, deliver groceries to an elderly neighbor, serve a Veteran who served our country, and much more! Older adults are able to step into the best years of their lives, using their experience and talents to help their community, while remaining active and purposeful doing what they love.

Why?

Individuals aged 55+ may seek a new sense of purpose after retirement, the loss of a spouse, or other major life change. Many enter their next chapter armed with years of experience, remarkable talents, and desire to give back. Studies show that community service reduces feelings of loneliness, anxiety and depression and improves overall health and well-being. Volunteering helps older adults use their life experiences while building new skills and meeting new friends.

2021-2022 Outcomes



747

Volunteers Engaged



79,801

Volunteer Hours Served



Helping **87** Nonprofits
Achieve Their Missions



Rosemarie MacLauchlan is 90 years young, exercises at the gym three days per week, and is passionate about nutrition. She loves being part of a team that is helping people facing food-insecurity get proper nutrition. She packs "Boxes of Hope" with essential meals to feed hungry families. Rosemarie enjoys staying active and purposeful - the key to her longevity!



Mentoring Matters! An awesome group of volunteers from Bryan Glazer Family JCC Men's Group are mentoring boys at Ben Hill Middle School. One student was inspired when he learned he was speaking to a real-life Engineer! "He's an engineer and I want to be an engineer!" Our volunteers are leaving a legacy for the future by inspiring young leaders to strive for their goals.



Many who live paycheck to paycheck often face the difficult decision of whether to pay the bills or feed their families. Mercy Keepers Food Pantry helps alleviate this burden. Every week you'll find a group of our passionate volunteers dishing out food and encouragement. We are helping support their mission of "supporting and promoting the welfare of all people."

Ready to step into the best years of your life? Contact us today: RSVP@seniorsinservice.org



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Thanks to all of our funders who helped make this year a success!



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