



Volunteer for Better Health

Make 2022 your best year ever! One way you can do that is to start volunteering! Volunteering isn't just good for the health of the community, it's good for your health too. Here are some ways volunteering can improve your life!

1. Improves social connection

Daily social interaction can significantly increase life expectancy. Volunteering for a cause you care about will bring opportunities for you to meet other like-minded people with similar interests, opening the door for life-long friendships.

2. Reduces stress

A meaningful volunteer experience can improve your mood and refocus your attention to take your mind off your worries.

3. Helps you stay physically active

There are many fun ways to be active as a volunteer without committing to strenuous work. Getting out of the house and moving your body helps you stay healthy.

4. Provides opportunities to learn

Learning keeps brain cells working at optimum levels, which can limit cognitive and memory decline as we age. As long as you are acquiring new knowledge, you are keeping your brain healthier.

5. Decreases the risk of depression

Human beings are hard-wired to give to others. The more we give, the happier we feel.

6. Gives a sense of purpose

If you have experienced a major life change that has disrupted your sense of purpose, such as retirement or the loss of a spouse, volunteering can give you a new sense of pride and identity.



You may not be able to see their smiles behind the masks, but trust us, they are there! These volunteers know the benefits of volunteering from the joy they experience when serving meals to those in need at Trinity Cafe.

Here's how to get the most out of these health benefits

Find a cause you care about. Giving your time to something you care about will bring even greater joy and fulfillment.

In-person or remote? Your safety is important. Covid-19 is still a factor and there are many opportunities to help remotely from the comfort of your own home.

Look for a commitment that works for your schedule. Volunteering should reduce stress, not create stress by overcommitting. There are opportunities for every schedule. Giving even just a little time can have a big impact.

We have a volunteer opportunity that's perfect for you. Get started today at www.SeniorsInService.org

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A Message From Our CEO

Happy New Year! As you'll read in this newsletter, we've taken time to celebrate our volunteers and all they've accomplished this past year, closing the book on 2021. Now it's time to look forward to the year ahead and set our intentions for what we want to achieve in 2022!

We intend to expand our volunteer base by welcoming new seniors into service. Volunteering is good for everyone and that includes the volunteer. Through expansive outreach efforts, we want every senior in Pinellas, Pasco, and Hillsborough County to know Seniors in Service has a place where they can use their talents to improve the lives of others and live a purposeful life, connected to their community.

We intend to listen to those we serve to better understand their needs and look for new opportunities to provide support. Every senior deserves someone who cares, every child deserves a caring adult to help them succeed, and every Veteran deserves an advocate to support them in their time of need. At Seniors in Service, we strive to be an agency that works alongside our neighbors to make this possible.

We intend to say, "Yes" to new opportunities to partner with organizations who align with our mission and face each challenge that may come in 2022 with creative solutions so we never stop serving others. We know from experience that joining trusted partners in service and utilizing teamwork to solve problems can lead to unprecedented growth to be a vital resource for others.

Some intentions will lead to accomplishments we're able to celebrate at the end of this year, and others will be intentions we continue to strive for in the future. We know for sure the passion of our volunteers, the dedication of our team, and the commitment of our community partners will lead Seniors in Service to be a trusted agency that improves the lives of seniors, children, families, and Veterans in 2022. Thank you for being a part of this journey. We're happy you're here!

-Robin Ingles, CEO



Happy 80th Birthday "Grandma" Needom!

The students at Perkins Elementary love and appreciate Classroom Grandparent Patricia Needom so much and helped her celebrate her 80th birthday with a party!



We have 146,646 reasons to CELEBRATE!

Seniors in Service volunteers are amazing! In December we celebrated the 146,646 hours of service our volunteers have given to enrich the lives of children, seniors, veterans, and families in Tampa Bay this year. Every hour served represents a moment in time when a homebound senior received encouragement, food was distributed to a hungry family, a young student received the tutoring they needed to succeed or a veteran was connected to the resources they deserve. That's the best reason to celebrate!

The theme for this year's Volunteer Appreciation Luncheon was "Roots and Branches," which is a perfect symbol of our volunteers. In the face of adversity, created by the pandemic, they proved just how deep their roots in service run, and their willingness to branch out to meet new challenges. During a time when everything they had done before became impossible and children and isolated seniors needed them most, their firmly planted roots made them immovable from service as they sought out new ways to serve others. Thank you to all of our volunteers, funders, and community partners who made this year a success! Celebrate with us as you check out the highlights.



Volunteers were *THRILLED* to have a surprise performance from our talented team member, Jeremy Rosado. The week before Jeremy competed as a finalist on "The Voice."



Recognizing our Milestone Members

These dedicated volunteers have generously given a **decade or more** in service to the community.



10 Years of Service



15-20 Years of Service



20+ Years of Service

"Heroes of Service"

These dedicated volunteers were recognized as the 2021 "Heroes of Service" for going above and beyond to improve the lives of others. They are selfless individuals who serve with compassion and overcome obstacles to ensure the children, seniors, and Veterans of Tampa Bay always have someone they can count on.



Shirley Onofrey
RSVP Pinellas County

Shirley has been delivering meals to homebound seniors for 17 years. She understands she may be the only person they see all day which is why she won't let anything stop her, including a pandemic.



Jane McGrady
RSVP Pasco County

Jane is a volunteer who is doing SO MUCH for SO MANY! She's using her experience as a family law judge to help children in crisis through Guardian ad Litem, delivers food to hungry families and seniors, and helps a 90-year old Veteran with his monthly bank statements.



Don Clark
RSVP Hillsborough County

Don faithfully volunteers 4-5 days a week at Trinity Café and goes above and beyond to ensure every guest in need gets a hot, nutritious meal served with respect and dignity.



Asleen Griffin
Senior Companion Program

Asleen Griffin has served for TEN years providing encouragement and support for homebound seniors. One of her clients shared "I live alone and family members rarely come by or call me. So I can depend on Asleen to make me feel better. I always look forward to hearing from her. She brightens my day."



Sharon Olson
Health Buddies

Sharon met her client, Miss P., with a heart ready to serve. Miss P. was feeling isolated and overwhelmed, and Sharon's compassion helped. When Miss P. was going through the toughest of times with treatments for her chronic condition, Sharon was the caring voice that helped calm her and ease her anxiety.



Janet Frotten
TelePals

Janet serves wholeheartedly as a TelePal and has developed a loving friendship with her TelePal Catherine. Janet calls Catherine regularly, REALLY listens to her, and loves hearing her wonderful stories.



Christine Powell

Pinellas Foster Grandparent

"Grandma" Christine took action to help the children who needed her most during a year of school shutdowns due to the pandemic. She not only learned to use the internet and Zoom to tutor her children virtually, she encouraged and helped motivate other volunteers who needed support in building technology skills.



Jacquelyn Walker

Hillsborough Foster Grandparent

"Grandma" Jacquelyn tutors and mentors children in their classroom and also at the Children's Board Family Resource Center. When her school began permitting volunteers to return in person, her teacher was ecstatic, telling us, "Grandma J is amazing!!!! I don't know what I would have done without her. I welcome Mrs. Walker back with open arms. She is the best!!!!!"



Lillie Nichols

Hillsborough Early Learning

"Grandma" Lillie brings love and comfort to her Pre-K children that sets them on a path to a successful future. When COVID-19 forced Hillsborough's Head Start sites to halt traditional in-person volunteer service, "Grandma" Lillie learned to use a tablet computer, the internet, email, & video-conferencing to serve her children virtually. It wasn't easy, but she persevered, taking initiative to get the educational materials she needed to make the most of every virtual session with her students.



Gladys Everett

Readers in Motion

"Grandma" Gladys eagerly participated in training that taught her how to use technology to tutor children virtually. She was thrilled at the opportunity to enrich her life, learning new skills that would help her stay connected to her students. When children who were struggling needed to increase reading frequency outside of school time, Gladys began virtual reading sessions called "Grandma's Storytime", which were a huge success with students AND parents. What a great role model, demonstrating perseverance and overcoming adversity to achieve her goals!



**Greg James Duncan,
Janet Lawrence, and
Sharon Abbott (not pictured)**
Operation: Veteran Connect

Greg James Duncan, Janet Lawrence, and Sharon Abbott have renewed their AmeriCorp pledge to "Get Things Done!" for three consecutive years. Through their passionate commitment to service, they are improving the health of veterans at the local VA hospitals and in the community.

**Have these
"Heroes of Service"
inspired you
to become a
volunteer?**

We have the volunteer opportunity that uses your passion and talent to make a difference.

Get started on your journey toward becoming someone's hero today!

www.SeniorsInService.org



Empowering Resource Advocates to provide hope and solutions for our most vulnerable neighbors



Florida Medical Clinic Foundation of Caring granted Seniors in Service \$5,000 to mobilize a team of Resource Advocates to help the MOST vulnerable individuals with the MOST urgent needs.

In perfect alignment with the mission of Florida Medical Clinic's Foundation of Caring to support individuals, children, and families in need, our Resource Support Services leverages volunteerism and funding to provide hope, opportunities, and solutions to those who need it most, enriching lives and creating measurable, immediate, and ongoing positive changes in our community.

We've partnered with The Resource Empowerment Centre (REC), which has years of experience engaging volunteers at Pearlena's Adult Activity Center to help clients with needs beyond adult activities. When a client had fallen on hard times they found affordable housing and enrolled him in SNAP. When a client couldn't afford her utilities due to unexpected car repairs, they found a more affordable mechanic and emergency utility assistance. Appreciative clients asked to learn, to help others.

Volunteers help clients identify and access the resources that promote long-term well-being, including food assistance, affordable housing, healthcare, economic stability, education, and emergency assistance. There are other agencies that direct people to resources, but Resource Advocates DON'T merely direct clients; they verify eligibility, get them Document Ready, guide enrollment, and most critical, FOLLOW UP to ensure benefits are received. Through financial support from the Florida Medical Clinic Foundation of Caring, the experience of The Resource Empowerment Centre, and the person-power of our volunteers, we're GEARED UP to empower vulnerable individuals and families toward a brighter future.



Helping nonprofits overcome critical needs

When the air conditioning unit for our main office unexpectedly stopped working, Community Foundation Tampa Bay was there to help! Thanks to generous support from the Robert H. and Carolyn L. Cooley Fund and the matching donation from Community Foundation Tampa Bay, we were able to replace it and avoid significant disruption to service.

The Community Foundation Tampa Bay understands nonprofits can face unexpected emergencies that threaten the vital services our community needs. They saw this challenge as an opportunity to provide a solution by creating the Critical Needs List. These critical needs are met through local philanthropists with additional funding matched by the Community Foundation Tampa Bay. We're so grateful that the Community Foundation Tampa Bay connects local philanthropists with nonprofits to provide solutions when they are needed most.



Support for homebound seniors in Pinellas County

The Senior Citizens Services fund at the Pinellas Community Foundation granted \$5,000 to help Seniors in Service expand Senior Companions to serve elders in Pinellas County.

We know from experience that Senior Companions have a powerful influence to improve the life of a homebound senior from being a caring friend when they need it most to helping with daily tasks so they can remain independent in their home where they feel most comfortable.

Thanks to this grant volunteers will be able to harness the power of social connection to improve the physical, mental, and emotional well-being for a new population of seniors.

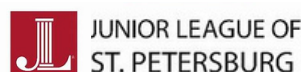
Thank you to our funders!



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**Senior Citizens Services Fund at
Pinellas Community Foundation**





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THANK YOU for helping make the 2021 Match Campaign a success!

Your donations, combined with the
generous match provided by



raised \$56,685.83!



Your generosity will
improve the lives of
children, seniors,
families, and veterans
in Tampa Bay!

A Special Thank You to our \$1,000+ Donors

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