



Summer 2020 Newsletter



## MOVING FORWARD FOR SENIORS

The world as we knew it in early March is forever changed, but one thing has become abundantly clear: ElderHelp's mission to help seniors live independently in their own homes has never been more important.

COVID-19 has impacted all of our lives, but none more than seniors. With 95% of COVID-19 deaths over the age of 60, seniors remain the most vulnerable and isolated population. Mandated to shelter in place since mid-March, there is no end in sight.

But with age comes wisdom, strength, and resiliency. Seniors face the pandemic with determination, but need resources to fortify their support systems. ElderHelp is committed to meet the immediate needs of local seniors and chart a course to sustain seniors and their families in the weeks and months ahead. Thank you for joining us in this mission. Take a look inside to learn more.

## WEEKLY VOLUNTEER ORIENTATIONS

Offered online each  
Wednesday.

Volunteers grocery  
shop, deliver food  
and essential items,  
provide medical  
rides, and more.

Learn more or register at  
[www.bit.ly/Volunteer4EH](http://www.bit.ly/Volunteer4EH)



## MOBILIZED TO MAKE A DIFFERENCE

When the Stay at Home order was issued ElderHelp took swift action to expand services and help seniors stay safe and healthy.



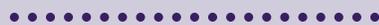
850 Seniors Receiving Ongoing Care Coordination Services

80 Newly Vetted Volunteers

522 Weekly Food Deliveries

229 Newly Enrolled Clients (a 322% increase)

803 Info & Referral Calls



Will you help us provide vital services for seniors in need?

Please give now at [www.bit.ly/donate2EH](http://www.bit.ly/donate2EH)

Thank you!



## WHAT DO I DO NOW?

"I never thought it would come to this," shares Patty. Living alone in a small apartment, Patty was working three part-time jobs to cover her rent, food, and asthma medication. "Two of the restaurants where I worked closed down, and I'm running out of food." Patty called her local congresswoman's office for help. They referred her to ElderHelp. "Patty's most immediate need was food," notes our Care Coordination team. "We listened carefully to Patty's concerns. She was not only struggling to pay for groceries and medication--without internet access or transportation, she had no way to get them. Fortunately, our quick turn-around process had a volunteer delivering groceries to Patty's doorstep within 24 hours of her call." Patty is just one of the 229 new clients ElderHelp now serves. She may have lost her income, but she hasn't lost hope that she'll get through this pandemic.



## NOTES OF GRATITUDE

**From Edgar S.**-"I just received my delivery, and I'm astounded at the quality and quantity of food. You're doing a wonderful thing for us. I thank you so much."

**From Cindy M.** -"My shopper, Frank, has been a great support and has allowed me to continue a good quality of life while sheltering in place."



**From Charlotte B.** -"I asked for little knowing there are so many having a more difficult time than me. My heart is filled with gratitude for the generosity of ElderHelp and those who sponsor, contribute and donate. It is wonderful knowing I live in a positive community. THANK YOU FOR BEING HERE FOR ALL OF US SENIORS. WE NEED YOU. WE HEAR YOU. WE HAVE YOU. YOU HAVE US."

## VIRTUAL REALITY

As we logged off our computers and closed the office on March 13, 2020, we committed to doing all we could to ensure the continued well-being of our community.

Since then, we've transformed our service delivery model, assembled a remote workforce, and converted our office space to a food pantry. We are grateful to all who have stepped up to help and support this new reality.

Thanks to the Jacobs & Cushman San Diego Food Bank, seniors are receiving fresh fruits and vegetables in their grocery deliveries.



The COVID-19 Community Response Fund at the San Diego Foundation makes it possible for seniors to have the trusted support of vetted volunteers who are stepping up to help.



Through the generosity of the Rancho Santa Fe Women's Fund, seniors residing in community housing receive supportive services and pantry items to stay active and healthy.



CEO Deb Martin chats on You Tube with SD City Firefighter Tony Tosca thanks to a grant recommendation from Councilman Scott Sherman.

## AT&T ANSWERS THE CALL WITH \$20,000 GRANT

When we cancelled our Essence of Life Awards in March, AT&T's Assistant Vice President Richard Porras was one of the first to respond. As a Gold Sponsor for the event, AT&T quickly converted their sponsorship into a direct donation and offered additional support as well.

Thanks to a \$20,000 grant from the AT&T Foundation, ElderHelp rapidly transitioned service delivery to providing food and supplies directly to seniors while preserving the safety of clients, volunteers, and staff. The grant supports doorstep deliveries as well as training and vetting the surging number of community members stepping up to volunteer.





## LESSONS LEARNED-- A VOLUNTEER REFLECTION

During my short time with ElderHelp, I have met some amazing seniors. No matter the age or race, culture or creed, our local seniors are strong and resilient. While a 'Seniors A Go-Go' driver, I have driven smiling, happy seniors to the Y, to church, to clubs, and to medical appointments. Right now due to the pandemic, seniors may be less mobile, and less active, but no less engaged; I am most in awe of the strength of those who, despite challenges, do not shy away from life. It's a pleasure to serve our seniors. ~**Denise B.**



For over 46 years, ElderHelp has been a trusted San Diego resource for aging services. Earning the highest nonprofit ratings from Charity Navigator and Guidestar, we are committed to the highest standards of ethics, and transparency.