

Fall 2023 Newsletter

50 YEARS OF IMPACT!



Grocery Delivery Past



*Award Winning Service
to Seniors*



Grocery Delivery Today

JOIN THE CELEBRATION

From the vintage vault of black and white photos to the smiles of today, ElderHelp is proud to celebrate a momentous milestone--50 YEARS OF SUPPORTING SENIORS to live with dignity and independence in their own homes. At the forefront of this occasion are grateful clients, volunteers, and community leaders who have dedicated themselves to honoring all older adults.

Spearheading the celebration are long-time ElderHelp volunteers and advocates, Judy Combs and Cindi Hill. As co-chairs of the Anniversary Committee they are passionate about the mission and committed to inspiring the community in support of San Diego's seniors. With their leadership we'll build on the past and frame the future with ElderHelp paving the way.

Scan the QR code to the right or visit www.bit.ly/EHturns50 to join the celebration. Be sure to check out the 50 For 50 Club!

SHARE YOUR STORY

Have a favorite ElderHelp photo or memory? Scan the QR code (left) to visit our 50th Anniversary web page. Upload your photo or story to the 50 For 50 Club. We'd love to hear from you!



LOOK WHAT YOU DID!

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This past year ElderHelp's growth exceeded pre-pandemic impact. Here's a glimpse of what our caring community accomplished:

40,982 Instances of Care
reduce depression,
anxiety, and connect
seniors to vital resources

8,916 Rides
offered food delivery,
healthcare access, and
social interaction

67 New Volunteers
joined our team of nearly
350 community members

1,975 Housing Clients
received resources for
safe, affordable housing
options

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Your gift today sustains
the future for San Diego
seniors. Scan below or
GIVE TODAY AT
www.bit.ly/EH50for50
Thank you!



POETRY IN MOTION

"ElderHelp is a beautiful piece in our mosaic of caregiving," shares Erin who clearly inherited her mother's poetic demeanor. Caring for her mom, Dolores, as well as her mother-in-law, Erin shares, "We can't do it alone. Without your calls, your visits, and your help, we couldn't manage." Becoming a client eight years ago, Dolores has endeared herself to countless volunteers and staff with her intellect, sense of humor, and positivity. At age 95, she enjoys a vibrant lifestyle in her own cherished home.



*Tech support volunteers
bridge the digital divide*

Most recently Dolores signed up for an online class through San Diego Oasis. Learning to use a tablet presented a few challenges with audio and screen navigation. Thanks to ElderHelp's volunteer Peggy, they worked on keyboard skills and some ergonomic tips to help. "Even learning which way to touch the keypad can be tricky," Peggy says. "We got some headphones so she could clearly hear the instructor, and the look on her face when it all came together was priceless."

Dolores is grateful for each and every ElderHelp connection. She also poetically shares, "Each voice I hear from you is like lovely music. ElderHelp makes my heart sing."

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PEEK A BOO, WE NEED YOU!



Planning for ElderHelp's 2024 Essence of Life Awards & Charity Auction is underway! Love a good party? Have a great auction item to donate? Contact Kathy at 619-284-9281 or info@elderhelpofsandiego.org to join the planning committee. Save the date for March 24, 2024 at Southwestern Yacht Club.

About the photo: Long-time volunteers John Silcox & Anne Clifford were honored at Essence 2018 with our traditional Bird House Award.. Five years later, this special visitor now calls it "HOME."

IT TAKES ALL OF US

**Thanks to all who donated, volunteered, and supported
SAN DIEGO GIVES!**

Spearheaded by Impact Cubed and United Way SD, volunteers throughout the county joined forces on September 6th and 7th to bring about positive change--raising nearly \$9,000. We also collected toiletry supplies and assembled gift bags filled with essentials like soap, shampoo, toothpaste, and lotion.



Taking time to write heartfelt notes, volunteers gave each senior a personal touchpoint when they opened their bag. "It lifts my spirits when I get these cards," shared a client. "Please tell them thank you for thinking of me. I'm proud to be a member of ElderHelp."



**GIFTS WERE GENEROUSLY MATCHED THANKS TO AN
ANONYMOUS DONOR AND OUR FRIENDS AT**



NORTH COUNTY TOWN HALL: SENIOR VOICES HEARD

ElderHelp was pleased to host Oceanside Mayor Esther Sanchez along with Councilmember Eric Joyce at a Mission Cove Town Hall gathering. Seniors were curious about homelessness outreach, a proposed project near the Oceanside Airport and development near the Oceanside Transit Center.



ElderHelp's Eric Ligare coordinated and moderated the interactive event. "Seniors were given a platform to let their voices be heard and they used it," shares Eric. "These opportunities are important."

TRUST & TRANSPARENCY

Proud to be effective!

We've earned a



★ FOUR-STAR RATING ★

from

★ Charity Navigator

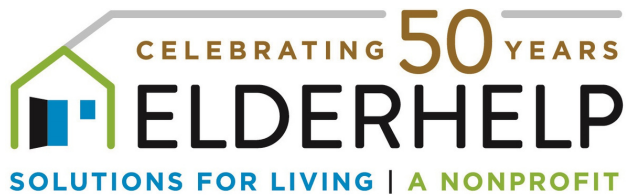
For over 50 years San Diego seniors and their families have relied on ElderHelp for dependable services through qualified staff and vetted volunteers. We are honored by your trust and dedicated to transparency.

Once again ElderHelp has earned a 4-star rating from Charity Navigator. Designated as a "Give with Confidence" charity, ElderHelp meets all criteria for effective use of donations and earns this highest ranking for Impact & Results, Accountability & Finance, Culture & Community, and Leadership & Adaptability.

Thank you to all who inspire and promote our Core Values:

Compassion
Integrity
Community
Accountability
Respect
Excellence

We are truly grateful for your support!



ELDERHELP OF SAN DIEGO

SMALL GESTURES WITH BIG IMPACT



"If not for ElderHelp, my lifestyle would end abruptly," shares Pam. When my car broke down six years ago, I was looking for reliable transportation. I found ElderHelp and Seniors A Go Go." That was the start of Pam's adventures with volunteer drivers, grocery shoppers, friendly visitors, and most recently home safety & maintenance volunteer, John. "I've never met anyone as smart as he is," she tells us. "I'm addicted to learning and a book fanatic, but my books were all over the place. John found me a bookcase, brought it over, and organized everything."

Pam also enjoys grocery shopping with her volunteer, Tiffany. "I've been eating organic since the 1950's--before it was popular," she laughs, "but I really think that's how I got to be 89 and still healthy. I live alone, I don't have a lot, but I believe if you are true and honest and sincere, the universe responds. When I was in desperate need, there was ElderHelp. If I couldn't stay in my home, I'd be in a care facility, and I just don't think I could make it there. You are keeping me alive."



For over 50 years, ElderHelp has been a trusted San Diego resource for aging services. Earning the highest nonprofit ratings from Charity Navigator and Candid. (formerly Guidestar), we are committed to the highest standards of ethics and transparency.