

A LIFELINE

59,537 meals were enjoyed by seniors at our Better Together Cafés located in area senior centers.



135,084 meals were delivered into the hands of homebound seniors like Barbara. For many seniors isolated at home, Meals on Wheels is a lifeline and a primary social contact.

Seniors like Perry took **28,591** rides to dialysis, chemotherapy, doctor's offices, the grocery store, and the pharmacy.



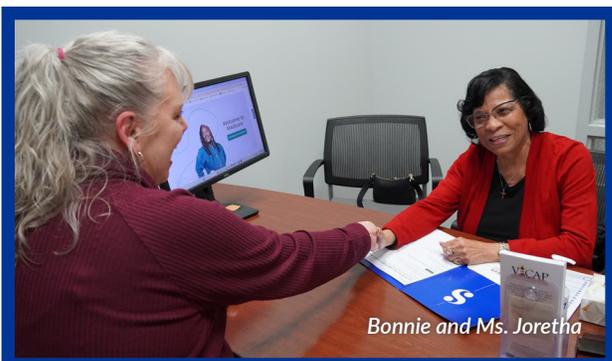
More than **60%** of our I-RIDE passengers have no other means of transportation.



A CARING HAND

Senior volunteers spent **49,014** hours with homebound seniors like Ms. Vick through our Senior Companion Program.

Our resource specialists answered **6,342** calls from seniors and caregivers looking for assistance.



1,901 seniors like Ms. Joretha received Medicare Benefits Counseling, saving thousands of dollars.

EXPERT ADVICE

An Ecosystem of Care

The experience of each senior who comes to Senior Services is shaped by their needs and goals. For Diane Bonner, Senior Services is a network of people and programs that allows her to maintain her independence at home.



A native of South Carolina, Diane Bonner moved to Norfolk in the 1970s. She raised three children and worked at Zayre and Sally Beauty Supply. She retired at 62 when arthritis and carpal tunnel made standing and lifting boxes all day impossible.

Ms. Bonner first heard about Senior Services from an I-RIDE driver who visited her store. When glaucoma and cataracts prevented her from driving, she began using I-RIDE to get to the doctor and the grocery store.

Her vision trouble and arthritis also made meal preparation difficult. She called Senior Services to ask about meals and was connected with Rosita, an **options counselor**. Rosita enrolled Ms. Bonner in **Meals on Wheels**. She now depends on those meals for most of her daily nutrition.

Ms. Bonner lives alone with no family close by. Noticing a need for companionship and support, Rosita referred her to our **Senior Companion Program**, where she was matched with Ms. Wilkins, a retired Norfolk Public Schools employee.

“We’re like sisters. I don’t know what I’d do without her.”
-Ms. Bonner about Ms. Wilkins

Ms. Wilkins picks up groceries and prescriptions for Ms. Bonner in addition to providing companionship. “I try to do anything to make her laugh, make her smile, calm her down when she gets anxious,” Ms. Wilkins said.

When Ms. Bonner’s bathtub drain clogged, her failing eyesight and financial worries made finding a plumber overwhelming. Rosita stepped in with a solution: end-of-year funds from **In-Home Services**.

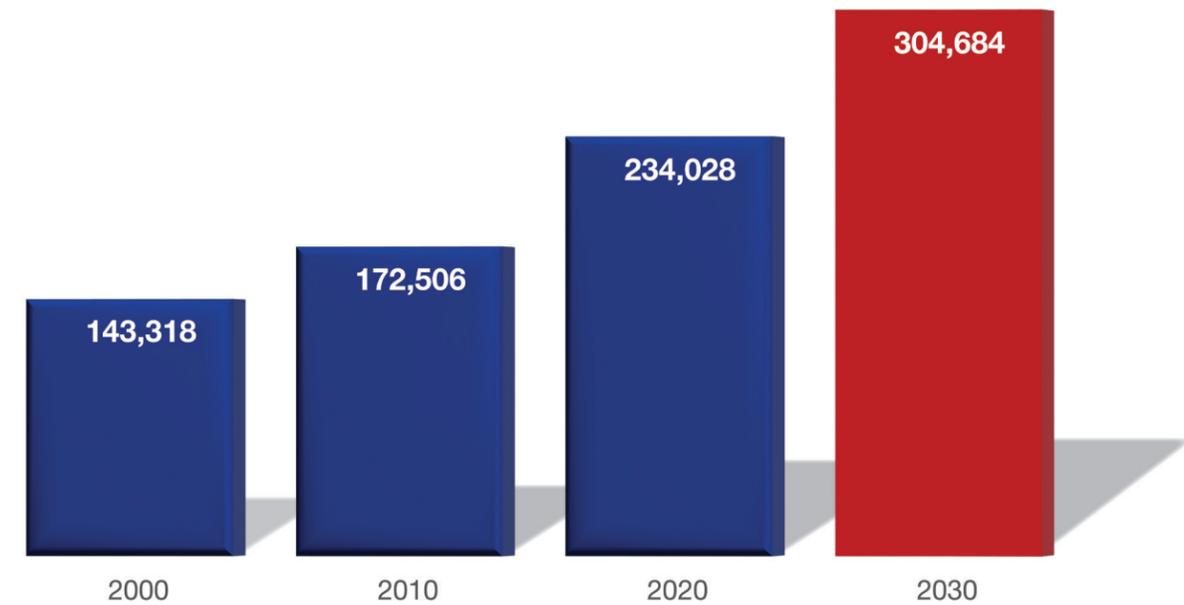
The funds covered the cost of removing Ms. Bonner’s bathtub and installing a safer walk-in shower with a seat and grab bars in addition to a taller toilet. Ms. Bonner said her first shower in the upgraded bathroom felt “like heaven.”



Through Senior Services, Ms. Bonner has the support she needs to remain in her home of 41 years. For her, aging in place is the only plan. “I have nowhere else to go, and I like my neighborhood. We look out for each other.”

A Look into the Future

Growth of 60+ Population in South Hampton Roads and Western Tidewater



A Message from the CEO



We have arrived at a moment of demographic transformation. By 2030, every baby boomer will be over 65, and 1 in 5 people will be a senior. As the need for senior services grows, we are called to do more. With our strategic partners, we will meet that challenge.

To succeed in this new era, we will embrace efficient new technologies, strengthen our community partnerships, and expand our fee-for-service offerings in transportation, meals, healthcare, and housing. Breaking down barriers to care and providing critical services to seniors requires all of us: our dedicated supporters, donors, funders, volunteers, and partners.

Together, as advocates and leaders on aging, we can create an inclusive community where older adults have equitable opportunities to thrive and enrich the world around them.

With appreciation,
Steve Zollos

A handwritten signature in blue ink that reads "Steve Zollos".

Our Mission

To provide seniors and their caregivers with access to programs and services so they may live their lives with choice and dignity in their communities.

Our Vision

A community that empowers, respects, and values seniors and their caregivers.

Our Partners

Special Thanks

The Blocker Foundation

Sentara Cares

United Way of South Hampton Roads

TowneBank

Norfolk Southern Foundation

Virginia Commonwealth University

Hall Toyota Virginia Beach

Camp Family Foundation

Glick Philanthropies

The Dominion Foundation

Cox Charities

The Suffolk Foundation

National Association of Nutrition and Aging Services

Cape Henry Rotary

Westminster-Canterbury on Chesapeake Bay

2024 Gala Sponsors

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Sentara

Commonwealth Advisors Capital

ABNB

Davis Law Group

Tull Financial

Eggleston Services

AARP

Comfort Keepers

Riverside Health System

Our generous private donors allow us to serve more seniors and give us the flexibility to respond to the immediate and evolving needs of the community.

We are so grateful for their partnership.