



Sheridan Senior Center

"Quality of Life...Later in Life"

July 2008

Dear Friend,

Passing through our busy kitchen the other day, I stopped to talk with one of our staff members. In the course of our conversation I remember her saying, "... last winter there were days where the mail didn't get delivered - but our meals always did." At the time of writing you this note, our community volunteers deliver on average 4,500 meals a month to someone's front door with a smile.

As I pondered our conversation, it occurred to me that this kind of dedication to serving Sheridan's over-60-population, no matter what, exemplifies what happens at the Senior Center every day. Literally 365 days a year. It's just too vital to take for granted. We therefore invite you to join with us to make sure our meals programs – along with our in-home programs, transportation, and other daily services at the Center – continue to make a difference. Over 2,500 of your fellow citizens are connected with us at any given time.

Part of what has led us to seek your help at this time is that July is about celebrating **independence**. For those that utilize our services, independence can mean anything from joining us for a mid-day meal to volunteering to grocery shop for a fellow patron who can't. Underlying everything we do is a well-managed program and employees that care deeply for the people they serve. Your gift is vitally important to us, and helps support our programming like this:

- \$50 = seven rides anywhere in Sheridan
- \$75 = daily home-cooked home-delivered meals for two weeks
- \$125 = twenty-three congregate meals for someone on a fixed income
- \$500 = ten days of In-Home Services
- \$1,250 = 52 days of Adult Day Care for an elder with Alzheimer's Disease
- \$5,000 = respite services one day a week over a year for five families

Thank you for what you give. As Henry Ford once said, *"The highest use of capital is not to make more money, but to make money do more for the betterment of life."*

Warm Regards,

Carmen Rideout
Executive Director