

# Support Senior Week



## neighborhood house



Dear <<Primary Salutation>>,

**Did you know that 45% of Baby Boomers have nothing saved for retirement?** Dwindling Social Security funds, rampant ageism in the workplace, and a pandemic that forced 3 million Boomers into early retirement has hindered our seniors' ability to thrive.

My name is Dianne Ford, and for many years, I worked in a physically taxing line of work that left me with a disability. After multiple work-related injuries, compounded by ongoing arthritis, I was forced to take on the financial burden of retiring in my 50s.

**Thank goodness I discovered Neighborhood House's food delivery program!** Grocery shopping is often too physically demanding for me. Due to my severe physical limitations, this program means so much to me. Not only is it welcome financially for a person such as myself, but it saves me from grocery shopping on days that are just not physically possible. This program is invaluable to a person with age or limited mobility issues.

**Access to groceries is a literal life or death matter for seniors with mobility issues.** At Neighborhood House, they take grocery deliveries one step further by often including flowers. I so look forward to their deliveries every other Friday. They brighten my day, fill my refrigerator, and the days we are lucky enough to have flowers with our grocery box make me smile!

After benefitting from the food delivery program since spring 2020, I recently visited the Neighborhood House Senior Center. I found welcoming staff and an engaging space for seniors to gather, socialize, access resources, and learn new skills. **As we age, we retire from jobs, lose friends and spouses, and see family members move away — all of which reduce our daily social interaction.** That's why they encourage seniors of all different backgrounds to participate in our Senior Center activities.

Last year, your support allowed Neighborhood House to maintain — and even increase — our level of service despite the pandemic. In fact, during the pandemic, the Senior Center offered online classes that attracted over 1,000 seniors. **A lasting impact is that many of the seniors who took our classes learned how to use Zoom and are now better able to stay connected with loved ones.**

**Once again, Neighborhood House set the goal of raising \$500,000 by January 31 with our annual Partnership Campaign.** For the third year in a row, we are dedicating a week of the campaign to raise awareness about the particular needs and challenges facing seniors, which are too often forgotten. **All donations to the campaign that come in during Senior Week, December 1-9, will go towards our Aging Services. An anonymous donor will match all gifts up to \$5,000.**

<<Primary Salutation>>, we envision a future where seniors like me have the support and community they need to thrive. I urge you to think about an older adult in your life, be it a parent, grandparent, or other aging loved one. Please help us make sure they remain connected and not forgotten in the months ahead.

### With optimism and gratitude,

*Dianne J.*

Dianne Ford

FOOD PANTRY DELIVERY PARTICIPANT

## Meet Dianne

### Join us for Senior Week events!

**THURSDAY,  
DECEMBER 1, 4 PM**

**Author's Reading** by Kit Pierce from her published book! Kit participated in the Senior Center's Life Stories class. Her stories have become a book: *Dance Like a Wave of the Sea, Memories of a Rural Ireland Childhood.*

Neighborhood House Senior Center (in the Multnomah Arts Ctr), 7688 SW Capitol Hwy

**FRIDAY,  
DECEMBER 2, 5 PM**

**First Friday Get-Together – for Knitters, Seniors and other Neighbors**

Seniors are invited to a First Friday wine & cheese gathering. Other special guests will include participants in the Knitting for Neighbors drive.

Neighborhood House Admin office – 7780 SW Capitol Hwy

Register for free at [www.nhpd.org/events](http://www.nhpd.org/events).



Give now at [www.nhpd.org](http://www.nhpd.org)

