

July 2023

Your Support Makes Hope Possible



"I came to the Center 7 years ago after having 3 strokes. I had tremors so bad I could hardly sign my name. With the Center's help and a hard head I attended every exercise class. Always going at my own speed I continued to get stronger and stronger. Now it was time to pay it back. I volunteered for everything that was available. Then

COVID hit...no more exercise to help me with my balance and I fell. Broke my shoulder and arm and ended up on Meals on Wheels. Here the program that I had such a passion for was at my front door with a friendly good morning and a home cooked meal. I can't say enough to thank them for all they do." - Becky



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Meals on Wheels Delivers in 2022/2023

This past year we delivered a record number of meals to our local home-bound! We served **39,995** home-delivered meals to local homebound in the fiscal year of July 1, 2022 to June 30, 2023.

For most this is the main meal of their day. Our drives are usually the only person that they see on a regular basis.



Meals on Wheels driver, Robert is packing meals for his route.

***87% of our
program
participants are in
the low-income
bracket. Our meal
and transportation
programs are all
donation based.
Your support makes
this possible.***

What Does it Mean to Leave a Legacy?

What does it mean to leave a legacy? Many people think that the concept of a legacy only applies to the rich and famous people in our society. In reality, we all leave a very important legacy behind us. Through our children and grandchildren, our friends, and our communities, most people underestimate the impact they continue to have even after their time on earth has come to an end.

At the Payson Senior Center, the concept of legacy is very important. Through the programs and services we provide, and the organization we have created, we are not only touching the lives of the people we serve today but creating something that will be making positive impacts in people's lives for generations to come. That is only possible through the generous support we receive from our members and donors.

Legacy can also be an important contribution to the Center's financial stability. It is estimated that approximately 70% of people donate to charities in their lifetimes, but only 10-15% include charitable giving in their wills. Imagine the impact that could be made on future generations by including a legacy donation to the Payson Senior Center in your estate planning. Legacy donations can touch the lives of hundreds of people, long after we are gone. That is a powerful impact to have on the world, and we don't have to be rich or famous to do it!



**A Community grows
when old men plant trees
whose shade they know
they shall never sit in**

Senior Express Zooms Around Town

The Senior Express provided **4,978** trips in the fiscal year of July 1, 2022 to June 30, 2023. Transportation is a critical program that helps in preserving independence and helps to increase quality of life. With your support we are able to offer a door-to-door service that takes seniors to medical appointments, pharmacy, grocery shopping, and to the Center for lunches and social interactions. Our ridership increased 36.8% compared to the previous year. The demand for this service continues to grow. Seniors are at risk for facing isolation. Your support to this program makes the difference!



A Full House

*We served **7,543** in-house lunches in the fiscal year of July 1, 2022 to June 30, 2023. In addition to the delicious lunches a variety of activities are offered. There is an exercise class for each fitness level, music, games, and health & wellness classes, just to name a few. Pictured below: Over 60 attended our Easter luncheon.*



***67% of our program
participants are disabled.***

***85% of our program participants
are over 65 years of age.***

Beyond my life...where there's a will there's a way

"I am on a tight monthly budget. But I have bequeathed to you a sizeable amount in my trust. Because I'll be 96 yrs. in October I hope that you won't have long to wait. But since God is totally in charge of such matters, I can't tell you when." Fran—Homebound on the Meals on Wheels program

Two years after writing this lovely note Fran passed away at 98 yrs. True to her word, Fran's legacy support was enough to provide over 3,000 Meals on Wheels to our local homebound. The Meals on Wheels program along with all of our other programs and services are donation based. We do not charge. 87% percent of our program participants are in the low income bracket.

Would you consider leaving a gift beyond your life for the good of others?

Visit www.paysonseniorcenter.org for more information.

HERE IS MY DONATION OF \$ _____

I want to help provide for the critically needed meals and transportation programs!

Please make checks payable to Payson Senior Center & mail or drop off at The Center 514 W. Main St:
OR complete the Visa or MasterCard information below and mail or drop off at The Center.

YOU MAY ALSO DONATE SECURELY ONLINE: www.PaysonSeniorCenter.org

Card Number _____

Expiration Date _____

CCV# _____

on Card _____

Billing Zip Code _____

Name _____

Please fill out the following information for your tax receipt:

Name: _____ Phone: _____

Address: _____

EMAIL (optional): _____

A RECEIPT FOR YOUR RECORDS WILL BE MAILED TO YOU

Here is my gift of

☐

\$25

☐

\$50

☐

\$100

☐

\$250

☐

\$1,000

☐

Other