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Do Something Good for Older Adults

Date

Dear <First Name(s)>

During this season of giving, we invite you to do something good for older adults in our local community. We have a rapidly growing population of those in need.

Please make a gift today.

Consider Doreen. She lost her husband a year ago, was depressed and not eating. She was unable to drive, had very little income and no family in the area to help. Six months ago we began transporting her to our Jackson Café for lunchtime meals. She has learned about nutrition, gained weight and is thriving in the company of older adults like herself.

For many, Whistlestop represents family, friendship and nourishment. We literally save lives.

Your donation can go a long way in helping older adults and people with disabilities, such as:

- \$50 will pay for 10 meals for a low income older adult

(over, please)

“I can no longer cook so I come to lunch every day; and Whistlestop Wheels makes sure I get here and back home.”





“The best thing about Whistlestop is the camaraderie and friendship; knowing people from different cultures.”

- \$100 will pay for 20 meals or two nutrition classes for 20 clients
- \$500 will pay for a special multicultural luncheon for 100 clients

For 55 years, Whistlestop has helped people remain active in the face of age and disability. Our programs include **Whistlestop Wheels Paratransit Service** (145,000 rides annually for people living with disabilities), Multicultural Services (over 11,400 outreach contacts yearly in multiple languages), personalized referral services through **Whistlestop Information & Referral Office**, and **Classes** ranging from language, to computer, to exercise classes. Please help us continue these vital services.

A nutritious meal is one of the greatest gifts you can give someone this holiday season. We thank you in advance for your generosity.

Sincerely,

Joe O'Hehir
Executive Director

Debbie Mills
Board President

“At Whistlestop, I can come to enjoy companionship and take classes. I don't stay at home alone anymore.”

**P.S. Do something good for an older adult today.
Your gift will bring smiles, warmth and friendship.**