In 2023, Senior Neighbors achieved significant success in reaching the seniors of Kent County. We provided concrete outcomes for more than 5,500 clients, with each statistic representing truly life-changing impacts for local seniors within our community. Through partnerships with local organizations and businesses, and generous support from individuals, Senior Neighbors is keeping seniors safe at home, while improving their health, well-being, and overall quality of life. This 2023 Impact Report provides a snapshot of our work last year throughout the community. Thank you for helping to make these successes possible.

### Technology Resources for Seniors

Since launching in 2021, the Senior Neighbors Technology Support Program has grown tremendously! By participating in this popular program, older adults gain critical confidence using their laptops, smartphones, or tablets. With these improved skills, seniors can feel more informed, connected, and engaged with friends, family, and the world around them.

| Group Workshops + 1 on 1 Support + Device Lending Library + Support Staff |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 87% of clients reported increased knowledge in their ability to utilize the internet and devices. |
| 90% reported improved digital skills. |
| 209 CLIENTS SERVED IN 2023 |

### FACES OF IMPACT

- **Vicky**
  - For seniors living on a low, fixed income, covering expenses can be challenging amid rising costs. While visiting Vicky, staff identified opportunities to save—significantly reducing auto insurance premiums and helping to attain low-cost Internet with the help of our Technology Support program. These interventions will help ease financial strain and anxiety to improve Vicky’s overall well-being.

- **Mark**
  - Local Air Force Veteran Mark, an eight-year sergeant, faced water supply issues in his home due to piping problems. Thanks to Senior Neighbors’ assistance, his main waterline was fixed at no cost, relieving potential financial burdens. Now, Mark can comfortably reside in his home without worrying about the burden of financing this major repair on a limited budget. The Veteran Home Repair Program is made possible thanks to support from Meals on Wheels America, the generous funding from The Home Depot Foundation, and Kent County Veteran Services.

- **Zetta**
  - Zetta, a regular at Lowell Senior Neighbors Center, discovered a lifeline and newfound passion during a tough period. Becoming a member has transformed her life, providing balanced meals and a vibrant community of friends. Engaging in various programs, Zetta especially enjoys the mental exercise and social engagement of working on jigsaw puzzles. The center has become her daily haven, fostering camaraderie and enhancing her overall well-being.

### Local Impact—Seniors of Kent County

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### ANTICIPATING WHAT’S TO COME...

As we launch a new year of services, Senior Neighbors is pleased to welcome Suzanne Callahan as our new President. We look forward to an exciting future under her leadership! With decades of nonprofit and business experience in West Michigan, Suzanne brings extensive expertise in relationship building, team development and creative collaboration. She eagerly anticipates the opportunity to familiarize herself with Senior Neighbor’s community of supporters, partners, and clients.
Mind/Body Balance

According to the Office of Disease Prevention and Health Promotion, at least 85% of older adults are not meeting the recommendations for physical activity. This inactivity may lead to decreased mobility, loss of balance, less independence, social isolation, and other chronic conditions. But the good news is, any exercise can be beneficial and it’s never too late to start!

In 2023, close to 700 Kent County seniors took up the challenge of daily movement. Alongside physical well-being, Senior Neighbors EnhanceFitness classes are designed to combat isolation, depression, anxiety, and other mental health issues.

Outcomes from 2023 are as positive as ever! Check it out:

- 98% of seniors report a positive impact on their overall health.
- 92% indicate the classes improve their minds as well as their bodies.
- 58% of clients served report that class participation improved their balance.
- 98% of seniors report positive impact on their mental health.
- 93% of clients served report they are more active.

In 2023, 1,920 Seniors served would describe themselves as frail or disabled. Over 1/3 of clients served live below the national poverty level: Less than $14,000 a year.