



## Senior Rides and More

# Newsletter

Spring 2021

### MISSION STATEMENT

Senior Rides and More is a faith-based nonprofit whose mission is to promote senior independent living, health and safety by providing free transportation and other services.

## From the Desk of the Executive Director

2020 was quite the challenging year for many nonprofits, including Senior Rides and More. This time last year my calendar was overflowing with several planned in-person meetings and events. Instead, I learned how to use Zoom video conferencing, and our office staff went into high gear to make sure our care receivers were safe while quarantining at home.

During the summer and fall of 2020, many of our volunteers showed an abundance of caution and either paused their volunteer activities or masked up and helped our care receivers from a distance. Senior Rides was very aware that having our care receiver shop in-person was risking exposure to Covid19, therefore we added more options to our program: our care receivers could choose to shop in person; shop online and have our volunteers pick up the groceries for them; or have the items delivered to their home with Senior Rides paying the delivery fee.

Last year, the number of calls we received requesting rides to medical appointments dropped by 75%. Many of our seniors were introduced to Teledoc services by their medical providers, which was a blessing to those requiring non-emergency

medical attention or routine visits, but it meant that our primary service of transportation was declining. However, life-sustaining medical visits to dialysis and chemotherapy/radiation are treatments that can never be paused by a pandemic. Senior Rides and More increased these weekly rides to our care receivers in need when programs such as American Red Cross and American Cancer Society suspended their own medical transportation services.

As our care receivers began self-quarantining at home, they were becoming more and more isolated. The mental health effects caused by isolation became a concern for the Senior Rides staff. We encouraged

our seniors to call us just to chat, and we made several phone-calls each day to our care receivers to check on their wellbeing. It is amazing how a few minutes socializing over the phone with someone can lift one's spirits. If you have not spoken to a friend or relative in some time, I encourage you to pick up the phone today and call them.

As we put 2020 behind us and look forward to a (hopefully!) brighter 2021, we need to give a huge shout out to our incredible volunteers. Without these selfless and dedicated people, our program



Debby Posso, Executive Director

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ST. MARTIN'S  
EPISCOPAL CHURCH

## A Gift to Our Seniors from St. Martin's Episcopal Church

Senior Rides and More is blessed to be the recipient of over 125 gift bags lovingly prepared by the parishioners of St. Martin's Episcopal Church. These gift bags are being donated to our seniors and are filled with special items and treats that will brighten their day, including hand sanitizer and masks, note cards and postage stamps, and self-care items such as hand lotion and lip balm. Senior Rides also included a crossword puzzle book and pencil as well as prepackaged snack treats. You can't solve a crossword puzzle without sustenance, so we included some delicious chocolate/peanut butter protein bars to bolster energy of our care receivers! A special thanks to Lynda Isensee for spotlighting our seniors, and to the St. Martin's volunteers who spent their morning preparing these amazing gift bags. Senior Rides and More is blessed to have the support of St. Martin's Episcopal Church.



Lynda Isensee and Debby Posso

## From the Desk of the Executive Director ...continued from cover page

would not exist. Our caring volunteers give their time, use their own cars and gas, and go above and beyond to assist our seniors. We also owe a real debt of gratitude to our donors and community partners who have proven their belief in our programs and the need to help our vulnerable older citizens.

As I conclude my letter, I want to share with you that we are on track to add a record number of new care receivers this year. While adding 75-100 new people to our growing list of seniors we assist may not seem incredible to larger nonprofits, it is to us. For every person we accept, there are two or three who did not meet our requirements for one reason or another. Therefore, keep this in mind ... the care receivers we add to our program this year are just a fraction of those who have contacted us and need assistance. As Houston's senior population grows, so will Senior Rides and More. We know that we are making a difference in people's lives. Won't you join us?

*The Senior Rides and More  
Board of Directors and Staff*

**Senior Rides and More is blessed to have amazing volunteers. Please join us in welcoming the newest members to our volunteer family:**

Bob Wolfram

Paige Hanners

Sharon Mork

Ed White

Jerry Lummus

Gil Keery



# Fundraising During COVID

## Inge Liesner Knows How to Pivot

The past four Decembers have been a whirlwind for Inge-Lotte Liesner, a Senior Rides and More Advisory Board member. Inge has single-handedly raised at least \$15,000 for Senior Rides by hosting fundraising holiday dinners in her home with husband Willie. Their friends and neighbors at The Buckingham Senior Community donate generously to attend Inge and Willie's events allowing them to dine on Inge's home cooked German-inspired 4 course meals served with handcrafted Texas wine made from grapes grown at their vineyard, Tosca Winery in New Waverly, Texas. These donations directly benefit Senior Rides and More's care receivers.

In 2020, their in-person fundraising came to a halt due to Covid19 safety restrictions. Inge-Lotte is not one to desert a mission. If her friends and neighbors could not come to her, she would go to them. In April of 2020, which is when she and Willie host friends from The Buckingham to visit their Tosca Winery and have Inge's homemade lunch among

the Bluebonnets, Inge decided that if her neighbors could not make the trip to Tosca Vineyards for lunch, she would bring the lunch to them. For a donation

to Senior Rides and More, Inge prepared home-cooked lunches and hand-delivered them to her neighbors. In December 2020, the community was still in quarantine and Inge's holiday dinner fundraiser was now canceled. This did not stop Inge-Lotte from raising money for Senior Rides! Inge turned her kitchen into a bakery and for weeks she baked delicious German breads and treats to sell to her neighbors to benefit Senior

Rides and More. These amazing holiday baked goods were lovingly gift wrapped and hand delivered by Inge-Lotte, all to support our seniors.

Inge is an example of how we can think outside the box and creatively work around limitations. Thank you, Inge-Lotte for your creative thinking and your hard work to raise funds that will directly benefit our seniors with transportation to their doctors and help with groceries.



Inge-Lotte Liesner

### It's Easy to Become a Senior Rides Volunteer

Whether you prefer to volunteer on a regular basis or every couple of weeks, we welcome and need your participation. We have flexible scheduling and a variety of volunteer opportunities.

Volunteers are needed to provide:

- Transportation to/from medical appointments
- Transportation for Shopping Trips
- Minor Home Repairs
- Telephone Friendship/Reassurance Calls

Contact the Senior Rides office to Volunteer:

713-772-8181; [Info@SeniorRidesandMore.org](mailto:Info@SeniorRidesandMore.org); [www.SeniorRidesandMore.org](http://www.SeniorRidesandMore.org)

## Senior Rides And More Advisory Board

Cindy Siegel, Metropolitan Transit Authority Board

Mr. Orlando Sanchez, Harris County Treasurer

Ms. Virginia Lootens, Attorney at Law

Dr. Bill Franklin, M.D., Physician, retired

Inge-Lotte Liesner, Community Supporter

Deanna Parmenter, CFO, Cougar Sales

Vince Ryan, Harris County Attorney



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Facebook.com/VICSW.org



## Caregiver Statistics Jan 2020 – December 2020

Total Reported Volunteer Mileage – 27,386

Total Reported Volunteer Hours – 3,800

Total Reported Visits/Events – 3,546

## Caregiver Statistics Jan 2021 – March 2021

Total Reported Volunteer Mileage – 9,159

Total Reported Volunteer Hours – 1,195

Total Reported Visits/Events – 988

## Our Corporate Angels

Bethany Christian Church

Harry S. and Isabel C. Cameron  
Foundation

Chapelwood United Methodist Church

ChristChurch Presbyterian

The Elkins Foundation

Aubry and Sylvia Farb Community Service  
Fund

The George Foundation

Jean Griswold Foundation

Albert and Ethel Herzstein Charitable  
Foundation

The Hildebrand Fund at Greater Houston  
Community Foundation

The Robert H. and Anita Q. Lawe Foundation

Patrick O'Connor / O'Connor & Associates

The Fred and Mabel R. Parks Foundation

St. Albert of Trapani

St. Anne's Catholic Church

St. Luke's United Methodist Church

St. Laurence Catholic Church

St. Martin's Episcopal Church

St. Philip's United Methodist Church

St. Philip Presbyterian Central Mission  
Endowment Fund

Shell Oil Foundation

May and Stanley Smith Charitable Trust

Strake Foundation

Tomball Regional Health Foundation

Isla Carroll Turner Friendship Trust

Gil and Dody Weaver Foundation

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