



HOLIDAY ANGELS: Gratitude, Joy, and the Gift of Community

Dear Friends of ElderHelp,

In 1973, a small group of neighbors gathered in a church basement, united by a simple truth: our seniors deserved to age with dignity, independence, and connection. Fifty-two years later, that basement vision continues to guide everything we do, especially during Holiday Angels.

I'm moved by what a client shared last year following Holiday Angels: "I am filled with gratitude to each of you for the many comforts you have brought to me and my family. From the early days of the safety check, and now rides to appointments, you have been consistently reliable. I really cannot thank you all enough for the sense of safety and comfort. If this all were not enough, I was delivered a beautiful poinsettia, a gift card and a lovely card handmade by a kind fourth grader. My deepest gratitude to you all!"



*The First Gift at
Holiday Angels 2024*

Her words capture the heart of what we create together: a community of care that extends far beyond a single holiday gift, though that poinsettia and card from a fourth grader clearly brought her special joy.

On December 6, I'm excited to once again join with our supporters and volunteers to deliver gifts that bring this same warmth to seniors throughout our community. It's a privilege I treasure every year.

(letter continues inside)



ELDERHELP
HOLIDAY
ANGELS
DECEMBER 6, 2025

On December 6, we will deliver gifts that bring joy to seniors throughout our community.

They receive a \$25 gift card, a handmade card and a beautiful poinsettia plant. It's a beloved tradition that's made possible through the generosity of donors like you.

To donate: scan the QR code, mail a check to
9590 Chesapeake Drive,
San Diego CA 92123
or donate online.

bit.ly/HolidayAngels2025

Thank you!



YOUR GIFTS HELP US DELIVER JOY

WE HOPE TO RAISE \$30,000 DURING THIS SEASON OF GIVING

Does your church, workplace or service group wish to support Holiday Angels?

Groups or companies donating \$1,000 or more receive special recognition.

Contact us for more details: development@elderhelpofsandiego.org

DONATE ONLINE:
bit.ly/HolidayAngels2025



An ElderHelp client receives her gift in 2024.

CEO MESSAGE, CONTINUED

Your generosity creates this circle of care, not just in December, but all year long:



- You deliver **dignity through rides to medical appointments** and friendly visits that reduce isolation.
- You provide **security by connecting seniors to stable housing** through HomeShare and our Housing services.
- You support **independence through home safety projects, check in calls and grocery deliveries.**

More than 8,000 seniors and families depend on this support each year. As the needs in our community grow, that basement vision from 1973 has never been more vital, and your partnership has never mattered more.

With heartfelt gratitude,

Deborah Martin
CEO/Executive Director



THANK YOU TO HOLIDAY ANGELS SPONSORS!



OTHER WAYS TO GIVE



Amplify your generosity through gifts from Donor Advised Funds, stocks, bonds, IRAs, mutual funds or unwanted vehicles.

Donations of stock are exempt from capital gains taxes that might be applied if your stock value has grown since you bought it. Let ElderHelp keep the proceeds that would have been paid in taxes.

You may also reduce taxes on IRA distributions through qualified charitable distributions (QCDs). For individuals over 70.5 years, QCDs allow you to donate up to \$108,000 per year directly from an IRA to charities like ElderHelp. Donations must go directly from your IRA to qualified charities and can satisfy your Required Minimum Distribution (RMD).

These larger investments help stabilize ElderHelp and allow for sustainable growth.

We can help with the details.

Call 619-241-8563 or email sbenson@elderhelpofsandiego.org

THE GIFT OF CONNECTION

In a world that often overlooks its elders, ElderHelp stands as proof that simple human connection remains one of the most powerful forces for healing and hope. Through thoughtful matches between volunteers and seniors, we are reducing isolation all while fostering independence and dignity.

Consider Thomas, who had a serious foot injury that turned his life upside down. Before the injury, he walked more than 3½ miles daily. Afterward, simple tasks like grocery shopping became nearly impossible. Unable to drive or lift heavy bags, and unable to work his job as a security officer, Thomas found himself isolated and struggling.

Then ElderHelp connected him with Lauren, a volunteer shopper. "She is a ray of sunshine in my life," Thomas shared. Through ElderHelp's Seniors A Go Go program, kind volunteer drivers now also take him to doctor appointments. "I feel very grateful," he said. "ElderHelp's assistance really makes life more livable for seniors like me."



The impact flows both ways. Volunteers consistently report that their time with ElderHelp has become one of the most meaningful parts of their lives. They gain perspective and find deep purpose in knowing they're making a tangible difference.

Through careful matches between volunteers and seniors, we're not just reducing isolation—we're fostering the independence and dignity every person deserves.

Each gift to ElderHelp creates these transformative relationships. Your support lets our seniors know: they matter, their life holds joy and possibility, and they are not forgotten.

Thank you for making these connections possible.



9590 Chesapeake Drive
San Diego, CA 92123



ENSURING SENIORS FEEL SPECIAL

“You are such special people to be making these cards and delivering these gifts. Thank you for the kindness,” shared a Holiday Angels recipient.

When seniors receive their special Holiday Angels delivery on December 6, their gift will come with a handmade card created with care by local groups and companies. These cards are more than just pieces of paper with messages; they are cherished keepsakes that clients often revisit throughout the year.

If your group is interested in making cards, please contact us at info@elderhelpofsandiego.org.



ElderHelp of San Diego
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