



FOR IMMEDIATE RELEASE

Contact: Luz Garcia

lgarcia@seqhd.org

(650) 421-2155 x 203

Sequoia Healthcare District and Dignity Health Sequoia Hospital Allocate \$115,000 to Peninsula Volunteers Meals on Wheels Program

Enhancing Access to Nutritious Meals for Seniors

SAN CARLOS, Calif. (Apr 2, 2025) – The Sequoia Healthcare District Board has approved a **\$115,000** emergency grant in collaboration with Dignity/Sequoia funds for **Peninsula Volunteers Inc. (PVI) Meals on Wheels**. This funding will facilitate the delivery of nutritious meals primarily to homebound seniors and individuals with disabilities within our service area.

Peninsula Volunteers' mission focuses on enabling seniors to age in place. They achieve this objective through various initiatives including home meal delivery, social events, wellness services, and more. The Meals on Wheels program at PVI provides over 3,000 healthy meals across San Mateo and Santa Clara Counties. The program's overarching goal is to eliminate food insecurity by offering meals that meet at least one-third of the daily recommended nutritional intake, coupled with health monitoring conducted by trained staff who perform safety and wellness checks upon meal delivery.

"Ensuring that vulnerable seniors have consistent access to nutritious meals is critical to their health, safety, and dignity," said Pamela Kurtzman, CEO of Sequoia Healthcare District. "We are proud to partner with Dignity Health Sequoia Hospital to support Peninsula Volunteers' Meals on Wheels program, which plays a vital role in helping our community's older adults age in place with the care and nourishment they deserve".

"We are proud to be part of this important grant to provide vital nutrition to our area's seniors," said Bill Graham, President of Dignity Health Sequoia Hospital. "Sequoia Hospital has a long history of supporting the wonderful Peninsula Volunteers' Meals on Wheels program."

The program provides over 100,000 meals annually. Notably, more than half of the participants (54%) live independently. Additionally, 20% rely on their single PVI meal as their sole source of nutrition. To qualify for this program, participants must be 60 years of age or older, homebound or require assistance when leaving their homes, and face challenges in meal preparation or shopping often due to health conditions, recent hospitalizations, or ongoing health issues.

"We are sincerely grateful to the Sequoia Healthcare District and Dignity Health Sequoia Hospital for their generous grant of \$115,000," said Stephanie Figeira, Program Director at PVI Nutrition Services Meals on Wheels. "These critical funds will allow us to begin removing our highest at-risk seniors—those most vulnerable to malnutrition—from our waitlist. With this support, we can deliver nutritious meals to their homes and provide wellness checks that help



them remain safely and independently in their homes. Just as importantly, this outreach helps combat social isolation and loneliness among a high-risk population. We are proud to partner with organizations so deeply committed to the health and dignity of our community's seniors."

This grant serves as a compelling reminder of the strength of community partnerships, and we eagerly anticipate the positive impact it will have on our senior population.

About Peninsula Volunteers Inc. (PVI)

PVI is redefining what it means to be a senior in society. Its mission is to empower older individuals to lead independent lives, engage with their communities, and continue to get the most out of life. Through care and connection, PVI helps seniors remain vibrant while lightening the load for their caregivers. Whether it's through home meal delivery, fun events, wellness services, and more, they're committed to enhancing the quality of life for older generations. Learn more at 1pvi.org.

About Sequoia Healthcare District

Sequoia Healthcare District (SHD) was formed in 1946 and was the first healthcare district in California. The District is committed to improving residents' health by enhancing access to care and promoting wellness through responsible stewardship of taxpayer dollars. The District includes Atherton, Belmont, Menlo Park, Portola Valley, Redwood City, San Carlos, Woodside, and parts of Foster City. To learn more, please visit seqhd.org.

About Dignity Health Sequoia Hospital

Dignity Health Sequoia Hospital is an accredited, not-for-profit community hospital providing innovative and exceptional health care for generations of Bay Area residents. Sequoia's Heart and Vascular Institute is a nationally known pioneer in advanced cardiac care. Sequoia has received national recognition from Healthgrades for superior patient safety and was named as one of America's top 100 hospitals for cardiac care. Our Total Joint Replacement program is a designated Blue Distinction Center for Knee and Hip Replacement. Our Birth Center is consistently ranked as a favorite among Peninsula families. We are also known for our comprehensive emergency care and leading-edge tomosynthesis 3-D mammogram technology. Our state-of-the-art inpatient pavilion combines the most advanced medical and surgical services with a unique healing environment, including private, spacious rooms and inviting garden areas. To support programs at Dignity Health Sequoia Hospital, visit the Sequoia Hospital Foundation. To learn more about Sequoia Hospital, please visit dignityhealth.org/sequoia.