

Mission & History

Mission

Helping seniors in poverty live healthy and fulfilling lives.

Vision

All seniors, regardless of income, are able to thrive, engage in their communities, lead purposeful lives, and have a place they call home.

Core Values



About

Serving Seniors is a nonprofit organization in San Diego, California, serving low-income older adults aged 60 and above. We help poor and homeless seniors thrive using an innovative model of whole-person, wraparound support including meals, housing, health and social services, and lifelong learning.

Working at sites across the county and in the homes of hundreds of homebound seniors, we provide 1.5 million meals and coordinated services to 13,265 older adults each year, most of them living on less than \$1,125 per month. Serving Seniors is the largest provider of meals to seniors in the county, and one of the only organizations in the nation providing such a broad base of services to vulnerable, at-risk older adults.

At Serving Seniors, we are committed to creating a welcoming and respectful environment where all individuals are valued and supported. We champion fairness and opportunities for older adults, ensuring they receive the resources and advocacy they deserve. Guided by integrity, openness, and accountability, we act with compassion and embrace the unique experiences and perspectives within our communities.

Donations can be made through Amazon using their [Wish List](#). Just click the link.

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| • Toilet paper | • Socks | • Reusable bags |
| • Wet wipes | • Scarves | • Paper towels |
| • Hand soap | • Gloves | • Lip balm |
| • Sanitizer | • Jackets (all sizes) | • Shaving cream |
| • Towels (all sizes) | • Sweat pants (all sizes) | • Razors |
| • Loofahs | • Underwear (all sizes, men, women) | • Disinfecting wipes |
| • Washcloths | | • Water bottles |
| • Bar soap | | • Rain ponchos |
| • Dish soap | | • Umbrellas |
| • Dish sponges | • VISA | • Blankets |
| • Toothbrushes | • Target | • First aid kits |
| • Toothpaste | • Ralphs | • Hand warmers |
| • Shampoo | • Albertsons | • Plastic shoe booties |
| • Incontinence products (pads, diapers, and mats) (men, women) | • Starbucks | • Backpacks |
| • Liquid laundry detergent (small, travel sizes and bulk sizes) | • CVS Pharmacy | • Carabiner clips |
| | • Subway | • Snack packs |
| | • 7-eleven | • Individual-sized drinks |
| | • Lowes | • Food storage containers |
| | • Home Depot | |
| | • Michael's | |
| | • Joanne's | |