



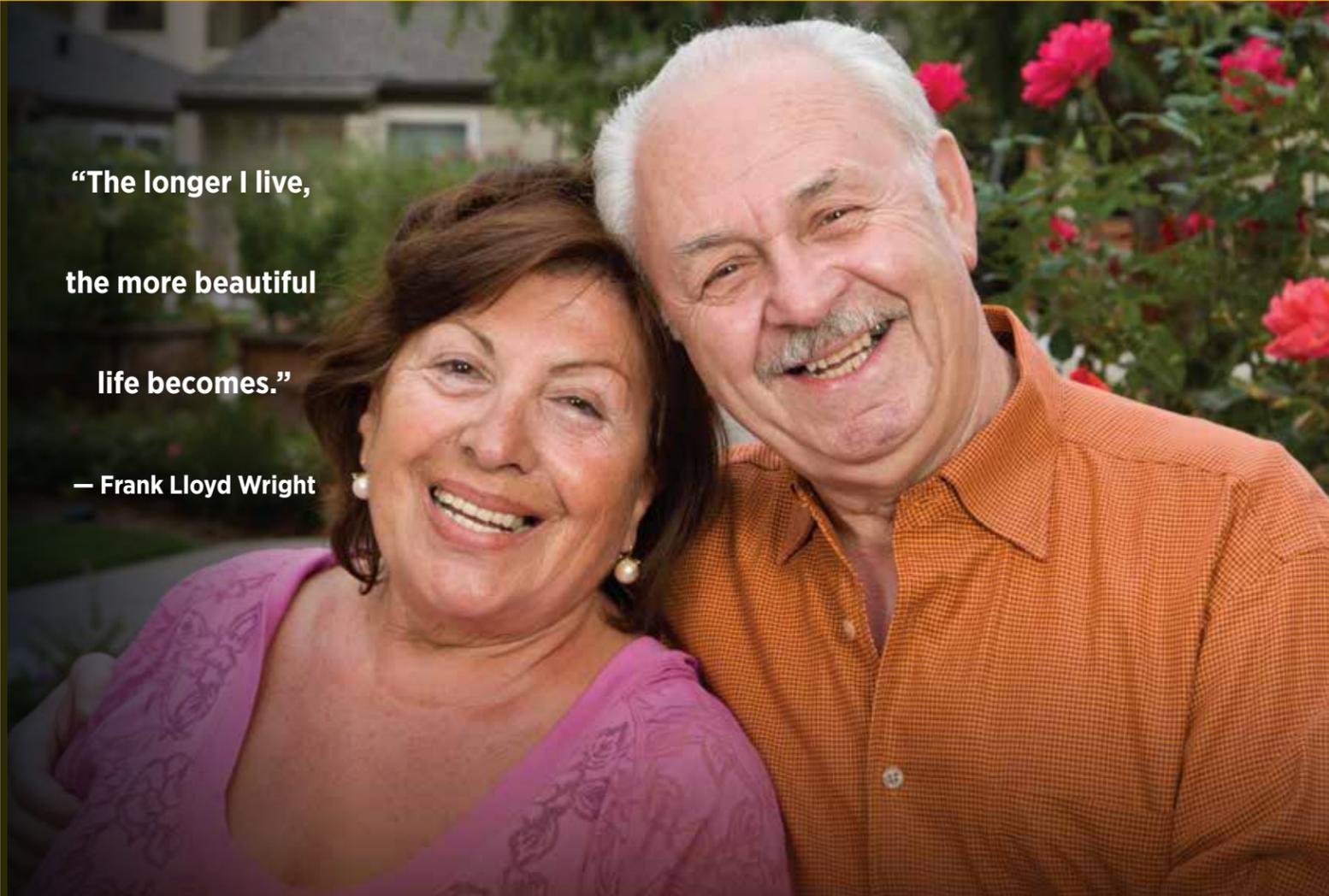
### The MidPen Mission

To provide safe, affordable housing of high quality to those in need; to establish stability and opportunity in the lives of residents; and to foster diverse communities that allow people from all ethnic, social, and economic backgrounds to live in dignity, harmony and mutual respect.



**“The longer I live,  
the more beautiful  
life becomes.”**

**— Frank Lloyd Wright**



## MidPen Senior Services

Keeping the spark in their step

## Empowering seniors to gracefully age in place

Imagining the next phase of your life as you enter your golden years can be daunting. You want to maintain your independence, and you seek a community that allows you to live as you always have, but with resources available if the need arises. That's where MidPen comes into play. By combining high-quality affordable housing with community-based services, we ensure that seniors who want to live independently can do so for as long as possible.

MidPen Services, an affiliate of MidPen Housing, empowers thousands of our residents to leverage the opportunity that stable housing offers to transform their lives. We inspire them to see what's possible and partner with them to achieve it.

## Enhancing quality of life in their elder years

Our goal is to empower seniors to live independently in a safe and dignified environment. Through an expanding network of best-in-class partners, we deliver high-impact, onsite programs and services that enhance our seniors' quality of life and help them achieve greater independence, stay active, and enjoy their later years.

### Senior services include:

**Care coordination** – Onsite coordinated care connects seniors to community services and health providers and ensures their care is tailored to their individual needs.

**Functional independence** – Performing voluntary assessment surveys helps residents understand their functional baselines, and movement classes and physical/occupational therapy keep them active.

**Health and wellness** – Programming helps seniors gain access to quality care providers, health screenings, and health promotion activities.

**Quality of life** – Activity coordinators deliver evidence-based, life-enriching programs, including field trips and socialization events that combat isolation.

**Safety** – Providing in-home safety measures and educating them about risks, including disaster preparedness and fraud prevention, keeps our seniors safe.



“

After my stroke, it became difficult to care for myself, but we dreaded the thought of moving into assisted living. The services I receive through MidPen are what make it possible to continue to live independently in this community that we love. ”



— Rafael Dizon  
MidPen Resident



“

The holistic view of patients that I get from working with MidPen Services is the best thing that can happen in our care of seniors. Seeing them in their home setting instead of a clinic completes the picture and helps me put together a much more functional treatment plan. ”

— Anita Bhatt, Owner, Balance Therapy



## Multiply your impact

Organizations who partner with MidPen Services can deliver services onsite to more than 17,000 residents right where they live, resulting in increased participation and leveraged resources.

By joining our network of partners or providing financial support, you multiply both your investment and your impact. Together, we will transform lives.

**Join us. See what's possible.**