SilverSource
A Leading Resource for Older Adults

# NEWSLETTER FALL '26




*During this season of giving thanks, I want to express my gratitude to you all. Whether you attended an event, volunteered your time, shared our mission with others, or made a gift, your partnership is giving our seniors in our city the resources and support they need to age with dignity, stability, and connection.*

*I am especially grateful to everyone who supported our Annual Golf Outing this fall. This year, sponsors, players, volunteers, and friends came together to celebrate the event's 25th anniversary. While it was wonderful to recognize this milestone, what meant even more was seeing so many familiar faces return year after year in support of our mission. Thank you all.*

*Warmly,*

**Kathleen Bordelon**
**Chief Executive Officer**

## Heat or Groceries?

Connecticut is home to one of the oldest housing stocks in the nation. Forty-one percent of the state's homes were built before 1960, and the median Connecticut home was built in 1966. Older homes often come with drafty windows, inadequate insulation, aging heating systems, and costly maintenance needs that make them more expensive to heat.

At the same time, Connecticut's population is aging. Nearly 885,000 Connecticut residents are 60 or older, representing almost one-quarter of the state's population. Many rely on fixed incomes that don't keep pace with the cost of living.

The result is a growing number of households facing difficult trade-offs. A statewide study by Operation Fuel, found that 424,000 Connecticut households face unaffordable home energy costs.

Seniors often respond by cutting back. An AARP study found that utility affordability is a major concern for older Americans, particularly those with lower incomes.

*More than 40% of seniors reduce heating or energy use because of cost concerns.*

Older adults have to make difficult choices, like postponing medical appointments, not filling prescriptions, putting off home repairs, or spending less on groceries to pay utility bills. For seniors managing chronic health conditions, inadequate heat is a health risk.

The Connecticut Energy Assistance Program helps eligible households heat their homes in the winter, providing financial assistance with home heating expenses for vulnerable households, including those with residents older than 60 years.

Each year, SilverSource social workers help seniors navigate the application process and connect them with energy assistance and other benefits they may not know are available.

No senior should choose between staying warm, taking their medication, or putting food on the table. Everyone deserves a warm home in winter.

## Our 2026 YTD Impact

January 1 – September 30

**3,646**
meals for seniors

**39**
days of adult day care

**511**
prescription copays

**96**
seniors' rent or mortgage

Nearly 95% of adults age 65+ have at least one chronic condition, and nearly 80% have two or more, increasing their vulnerability during power outages, extreme weather, and evacuations. *Source: National Council on Aging*

## Volunteer Spotlight

Debbie Gubernick, who grew up on a farm in a tiny rural town in Montana, has been living in Stamford since the mid-1980s. "I heard about SilverSource from a girlfriend. I had recently retired and wanted to find a meaningful activity," she remembers.

She's been a SilverSource volunteer for about three years, delivering groceries to seniors and helping at events, including our Golf Outing.

"I was a hole-in-one ball spotter. One year I welcomed guests into the club, and this year I assisted the photographer with recording the names of the golfers she was taking pictures of," Debbie says.

"I love the sense of community. SilverSource has lovely people and the work is easy to fit into my daily schedule. It's a rewarding experience. The connection to a community and helping others is very fulfilling," she says.




Would you consider naming SilverSource in your will?

To learn more, contact Sam Connor, VP of Major Gifts and Planned Giving, at 475-275-0961 or sconnor@silversource.org

## Getting Ready for the Storm

When severe weather strikes, older adults often face challenges that can make emergencies especially difficult. Limited mobility, chronic health conditions, reliance on medications or medical equipment, transportation barriers, and social isolation can all make it harder to prepare for and respond to a disaster.



To help seniors stay safe and ready, SilverSource hosted a two-part Emergency Preparedness workshop. It was led by Heather Peracchio of UConn Extension, the university's outreach arm, which provides education and community programming throughout the state of Connecticut.

Seniors learned practical steps they can take before an emergency occurs, including how to assemble an emergency supply kit, create a personalized preparedness plan, and sign up for Connecticut emergency alerts to receive timely information during severe weather events.

The workshop also covered strategies for organizing medications, important documents, emergency contacts, and other essentials that can be critical in an emergency.



Participants went home with emergency checklists, flashlights, whistles, foil blankets, and other essentials, to help them assemble their own emergency kits.

## Golf Outing: A SilverSource Silver Anniversary

Golfers enjoyed a sunny autumn day at Rockrimmon Country Club while supporting SilverSource's 25th Annual Golf Outing. For 25 years, the outing has brought our community together in support of older adults throughout Fairfield County. The event's Silver Anniversary offered an opportunity to celebrate, not only a milestone, but also the people whose generosity has made our golf outing an enduring success.

We are grateful to our sponsors, golfers, volunteers, supporters, and board members for showing up year after year to support this important fundraiser, a sentiment also expressed by Stamford Mayor Caroline Simmons during the evening program.


Mayor Caroline Simmons


Congratulations to tournament champions, Team Riko's Pizza!

*"We're proud to recognize the collective generosity and impact of the many sponsors, donors, participants, volunteers, and friends who have supported this event throughout its history. This enduring commitment has helped SilverSource provide dignity, stability, and hope to older adults facing some of life's most challenging moments."*

## Client Story: More Than a Move

"My journey in Connecticut spans several cities—from New London and New Britain to Bridgeport—but it was the desire to place my daughter in a stronger school system that ultimately brought me to Stamford.

I fell in love with this vibrant city and have called it home since 2004. However, navigating Stamford as it becomes increasingly expensive has been a profound challenge.

For five years, I remained on a housing waiting list, struggling to stay in my beloved downtown area while continuing my life's passion: providing dedicated care for local seniors.



The turning point came when I was finally offered a beautiful, affordable HUD subsidized apartment at Mapleview Towers right in downtown Stamford. It was the opportunity of a lifetime, but the immediate financial barrier of moving meant that the opportunity could slip through my fingers.

***That is when SilverSource stepped in.***

With absolute efficiency and profound respect, SilverSource provided the financial support I needed, ensuring I could move into my new affordable home.

Because of their swift action, I can now clearly see a peaceful retirement in view. This stability allows me to smoothly transition from my years of caregiving into my next chapter.

*I am deeply grateful to SilverSource for their respectful support. They didn't just help me move, they gave a productive senior a way to stay in the city I love."*

## Veterans Stand Down in Stamford

SilverSource was proud to participate in this year's Veterans Stand Down event, joining dozens of government agencies, nonprofits, and community organizations dedicated to serving veterans and their families.

Stamford's Veterans Stand Down, part of a nationwide movement that brings providers together in one location to make it easier for veterans to access resources and services, was hosted by the Stamford Veterans Resource Center and held at UConn Stamford.



Volunteers created a welcoming environment where veterans could connect with organizations ready to help them access healthcare, benefits information, housing resources, employment assistance, legal services, and other support.

SilverSource was there to share information about the programs and services we offer to help older veterans remain safe, healthy, and independent in their homes.

Throughout the day, we had the privilege of meeting veterans from across the region and hearing their stories. We are grateful to everyone who made the event possible, and to the veterans whose service and sacrifice have strengthened our communities and our nation.

## Click Here for Confidence

This fall, we opened an exciting new chapter with the launch of our digital literacy workshops for older adults at the ***Viola Isabella Learning Center at SilverSource***.

The hands-on classes help older adults to build practical skills for everyday life, from using tablets and smartphones to sending texts and emails, joining video calls, and navigating the internet safely. Classes are practical, beginner-friendly, and designed to meet participants where they are, regardless of their experience level.



Digital Basics Workshop

In the first two sessions, participants learned how to navigate their devices, connect to Wi-Fi, download apps, communicate through text and email, and recognize common scams and phishing attempts. Future classes will explore topics such as video calling, voice assistants, social media, online privacy, and digital safety.

While technology is at the heart of the curriculum, the goal is much bigger than learning how to use a device. We want older adults to feel confident, connected, and empowered.

Classes are now offered weekly at ***Viola's Place***, and we look forward to expanding our curriculum in the months ahead.

To learn more about upcoming classes at Viola's Place, ***email learn@silversource.org***

SilverSource
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1100 Summer Street, Suite 201
Stamford CT 06905
203.324.6584 | www.silversource.org

SilverSource advances the dignity, independence, and quality of life of older adults by providing guidance for families and supportive services to those in need, engaging in community partnerships, and advocating for sound public policies.

# NEIGHBORS HELPING NEIGHBORS

## What kind of community do you want to live in?

One where neighbors look out for neighbors and where we value the lifetime of contributions that our seniors have made.

***Help us build the kind of community we all want to live in.***




**Scan the QR code to make your Annual Appeal gift today.**

SilverSource, a 501(c)(3) public charity, serves as a lifeline and resource for older adults—providing critical support to help seniors stay safe, healthy, and independent. Federal Tax ID #99-1895904

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