

FOR IMMEDIATE RELEASE

SILVERSOURCE WELCOMES NICK BEUTTNER OF BLUE ZONES TO INPIRING LIVES EVENT AT WOODWAY COUNTRY CLUB

The annual Inspiring Lives luncheon will honor Harry Day on Tuesday, April 9, 2024

STAMFORD, CT, March 26, 2024...Stamford-based SilverSource, the nonprofit organization dedicated to providing a safety net for older adults, is hosting its 2024 Inspiring Lives Luncheon at Woodway Country Club in Darien, CT on Tuesday, April 9, 2024, at 12:00 p.m. noon. This annual event will recognize **Harry Day** with the **Adele Gordon Inspiring Lives** award for his lifelong commitment to improving the lives of residents in the greater Stamford community. The event will also feature ‘Blue Zones’ Explorer and Innovator Nick Buettner who will share lessons learned from a global study supported by National Geographic about communities where people live longer healthier lives—and what we can learn from them.

“We are proud to honor Harry Day for his years of leadership and dedication to the City of Stamford and many of its organizations, including his support and generosity on behalf of SilverSource,” said Kathleen Bordelon, SilverSource CEO. “We are also excited to present Blue Zones explorer Nick Buettner” said Bordelon. As featured in the Netflix docuseries *Live to 100: Secrets of the Blue Zones*, Blue Zones explorer Nick Buettner will share astounding longevity stories from around the globe – from Okinawa, Japan to a remote Greek island, from a California town to a Costa Rican peninsula – all places where an extraordinary number of people live healthy, joyful lives into their 100s. Over 70,000 Americans have reached their 100th birthday—what are they doing that the average American isn’t?

SilverSource is grateful to these event sponsors including Benefactor sponsor: Tom & Susan Van Riper; Humanitarian Sponsors: Accurate Lock & Hardware/The Salvatore Family; Harry Day; Grade A ShopRite/The Cingari Family; Community Sponsors: Ellen Bromley & Tom Gizicki; Community Health Center, First County Bank; Peggy Kalter; Gary & Karen Neems/Peter & Lisa Gardner; Pitney Bowes; Plaza Realty & Management Corporation; Stamford Health; Stamford Museum & Nature Center and media sponsor Moffly Media.

All proceeds benefit SilverSource, a 501(c)(3) tax-exempt non-profit agency that provides a safety net for seniors in need. To learn more, sponsor or purchase tickets to the Luncheon, please contact Robin Wexler at rwexler@silversource.org or (203) 718-5446.

About SilverSource

SilverSource provides a safety net to seniors in need, to keep a roof over their heads, with the heat and lights on, food on the table and the medical care they need. In addition, the SilverSource “Ride to Wellness” program provides free transportation for older residents traveling to and from medical appointments. SilverSource is located at 1100 Summer Street, Suite 201, Stamford, CT 06905.
<https://silversource.org>