

WELCOME



(Very) warm summer greetings!

Thank you for your positive response to our first edition of Reflections in the spring. We've had a very busy season since then — hosting events and engaging with the community, corporate partners and city government. Please enjoy the highlights of our activities below.

As we continue focusing on our critical mission of serving seniors and building connections in the months to come, I am pleased to share the [2023-2024 Community Impact Report](#). I hope you find this interactive Annual Report brings to life our accomplishments over this transformative past year and reflects the meaningful change we've made in the lives of older adults who need community support. Thank you for your role in authoring our continuing story.

Sincerely,

Kathleen Bordelon

Chief Executive Officer

HAPPENINGS

Celebrating Our New Home



Wielding a giant pair of scissors and surrounded by our Board, supporters and seniors we serve, Stamford Mayor Caroline Simmons cut the ceremonial orange ribbon to inaugurate SilverSource's new headquarters. The expanded space has enabled us to better serve the community with more room for our social workers, a larger food pantry, a private place for family counseling, and our Lifelong Learning Lab.

**Packing the Pantry at the Grocery Store...
Keeping it Packed on Amazon Prime Day July 16 & 17**



Food insecurity in Connecticut rose by 23% according to an annual study conducted by *Feeding America*. Living on modest fixed incomes, rising food costs have disproportionately affected our seniors and caused them to rely more on pantries and agencies like SilverSource to fill the gap. (Read more about "Map the Meal Gap" and the response in Connecticut [here](#).)

To help us combat hunger among Stamford's older neighbors, SilverSource team members and volunteers greeted shoppers to engage them in our *Pack the Pantry* event at Stop & Shop in Ridgeway Center. We are grateful for the many carts full of non-perishable groceries donated to nourish area seniors.

We also invite you to continue to pack the SilverSource pantry with food year-round via our [Amazon Wish List](#). It's quick and easy and great deals are available today and tomorrow on Amazon Prime Days, July 16 and 17. Thank you for your help in providing food to those who need it!

Swing Into Action: SilverSource 2024 Golf Outing + Pickleball Extravaganza!



Calling all golf enthusiasts and pickleball mavens! Join us on **Monday, September 23** at stunning **Rockrimmon Country Club** for a fun-packed day of friendly competition and camaraderie—all benefiting SilverSource's programs and services. As the sun starts to set and our foursomes complete their rounds, the festivities conclude with cocktails and a lively dinner honoring **Gene & Day Rubino** for all they do for SilverSource and the community.

To reserve your spot(s) for the day and/or evening events or to secure one of our limited sponsorships, click [here](#). For additional event information, please [email](#) Robin Wexler or call (203) 718-5446.

SilverSource Changemaker Circle: Celebrating Visionary Peggy Kalter



We are pleased to announce the establishment of the **Kalter Social Work Chair!** Created in memory of **Alan Kalter**, the Kalter Social Work Chair at SilverSource stands as a tribute to Peggy and Alan's life of commitment to the common good, devotion to our community and strong values of a collective responsibility to care for our elderly, especially those with nowhere else to turn.

The Kalter Social Work Chair provides ongoing support for SilverSource and recognizes Peggy's vision and long-term commitment to helping older adults navigate challenging circumstances. All of us at SilverSource are immensely grateful to Peggy Kalter, valued Board member and generous donor, whose thoughtful philanthropy is funding the capable work and leadership of our Social Work team who work daily to create a safety net for seniors in need of community support.

PROGRAMS & PARTNERSHIPS

Community Movie Night: Preventing Scams and Celebrating Older Adults



Championing the vibrancy and potential of older adults, we hosted a screening of *Thelma* at Stamford's Avon Theatre. This delightful film starring 94-year-old June Squibb, follows the titular character on a cross-country escapade after she gets scammed out of \$10,000. We were fortunate to be joined in community conversation by Detective Heather Bozentko, CFCU, from the Stamford Police Department's Financial Crimes Unit, who shared tactics to avoid falling victim to financial crimes. (Please revisit [Ten Ways to Protect Yourself from Cybercrime](#) from our Spring newsletter.)

Fortifying Body & MIND Through Nutrition



In another fun and informative [UConn Extension](#) session at SilverSource, participants learned about the connection between food and brain health.

Instructor Juliana Restrepo Marin taught them about the MIND* diet, which has been linked to improved cognitive behavior. Combining elements of the DASH and Mediterranean diets, MIND incorporates many of the elements of good nutrition familiar to our group. It is high in dark leafy greens, lean proteins and whole grains to help boost strength and reduce hypertension.

The class sampled a delicious, pantry-friendly Simple Green Salad (recipe [here](#)), played a game identifying foods to eat more of and those to avoid, and took home a helpful [shopping list](#).

“As always, this group was lively and interactive,” said Juliana. “Participants were most surprised that everyone needs 2.5 servings of vegetables per day including at least one dark, leafy green. Many were quite happy that beans are also an essential part of a balanced MIND plan since they already eat them frequently!”

*MIND=Mediterranean-DASH Intervention for Neurodegenerative Delay

SilverSource Awarded Mayor’s Microgrant



In recognition of our work improving the quality of life for Stamford seniors, SilverSource, in collaboration with Reverend Winton Hill and a community of Westside seniors, is one of 38 recipients of the Mayor’s Community Microgrant Program. Mayor Simmons presented us with a most appreciated \$1,000 check. We are looking forward to putting these funds to work to benefit the seniors in this community.

CORPORATE PARTNERS

First County Bank Foundation Fuels our Ride to Wellness

Gartner Group Helps Seniors Get Technical



Karen Kelly, Senior VP, and Camillo Duque, Assistant VP and Branch Manager of First County Bank presented SilverSource CEO Kathleen Bordelon with a sustaining sponsor grant for our Ride to Wellness program. Believing transportation should never be a barrier to healthcare, the Ride to Wellness program provides nearly 6,000 free rides to and from medical appointments to any senior in Stamford.

Operating five days a week, the program is safe, accessible, and reliable and provides attentive, personalized care transporting one person at a time. Wheelchair passengers need to be accompanied by an aide or family member. Rides are available by appointment and can be made by calling 203-324-6584.



SilverSource offers seniors and volunteers ample access to technology, thanks to a generous donation of 25 HP laptops from **Gartner**. The computers are connected in our Lifelong Learning Lab to support learning with our senior education modules. The laptops are also in use by volunteers conducting well-check calls.

At our planned new dedicated kiosk, seniors without internet access can come by and conduct their own "Benefits Checkup" online. For those who don't have proficiency with the internet, SilverSource provides skill-building training so people can check on their Social Security, healthcare coverage and other benefits.

CLIENT CORNER

Supporting Seniors and the Families Who Love Them



When Patricia was unexpectedly widowed last year, her son Chris was living three time zones away and unable to come to her aid immediately. To support his mother in her grief

and prepare her to move back to California with him, he ultimately resigned from his job. During this difficult transition, they found help and the guidance they needed at SilverSource.

Their caring social worker, Isabel, checked in on Patricia regularly, connected her with financial resources to offset critical expenses, and provided transportation to medical appointments. In Chris's own words, "Having Isabel and SilverSource put me more at ease. The emotional support that SilverSource provided was every bit as valuable as the financial." [Hear more from Patricia and Chris.](#)

SENIOR SAFETY & WELL-BEING

Keeping Your Cool: Staying Healthy During Summer's Hottest of Days



When the temperatures rise to extreme levels, seniors are particularly at risk of negative health effects. Per [Harvard Medicine](#), older bodies hold more heat than younger ones when the temperature climbs. Glands don't release as much sweat. The heart doesn't circulate blood as well, so less heat is released from vessels in the skin. The effects of medications may exacerbate this. As a result, seniors are disproportionately hospitalized for conditions related to overheating, dehydration and excess sun exposure.

There are steps you can take to protect yourself when high temperatures endanger your health. The [National Institute on Aging](#) has compiled [this list](#) of safety tips. If you or someone you care for needs assistance due to unsustainable summer living conditions, please [contact us](#) for resources.



Phone: (203) 324-6584

Web: www.SilverSource.com

Email: Questions@SilverSource.org

SilverSource provides a safety net to seniors, to keep a roof over their heads, with the heat and lights on, food on the table and the medical care they need.

SilverSource is a 501(c)(3) non-profit organization. Donations are tax-deductible as permitted by law.



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