



Teens from Future 5 pack Caring Connections bags with thoughtful gifts to keep seniors cozy, connected, and cared for this winter.

My sincere thanks to everyone who supported SilverSource's Annual Appeal. You're helping to make Fairfield County a place where aging is met with stability, dignity, and caring connections.

As we step into the New Year, I'm filled with optimism for the progress we'll achieve together. We're poised to expand our programs, strengthen our support systems, and bring brighter days to the older adults who depend on us.

On behalf of SilverSource and the seniors we serve, I wish you a joyful, healthy, and fulfilling 2026. Thank you for being such an essential part of our work.

Warmly,
Kathleen Bordelon
Chief Executive Officer

2025: A Challenging Year for Seniors

The past year brought a mix of progress and pressure, and for many seniors, the balance tilted toward growing financial strain. Rising housing costs continued to outpace income, deepening the challenge for older residents already struggling to secure stable, affordable homes.

Food insecurity also became more pronounced. Federal changes to the Supplemental Nutrition Assistance Program (SNAP) resulted in reduced benefits for many low-income households, including seniors who were already stretching modest monthly budgets. Local food pantries reported

consistently high demand as older adults increasingly turned to community resources — like SilverSource — to help fill the gaps.

At the same time, Stamford saw renewed conversations about the future of senior housing and care. Proposals affecting long-standing residences for older and low-income individuals sparked community concern and highlighted how fragile housing stability can be for those aging without financial safety nets.

Statewide initiatives — including efforts to strengthen home-care access and expand protections for older adults — offered some hope, signaling a broader commitment to supporting independence and dignity as people age.

Through all of this, we were inspired every day by the remarkable resilience of Stamford's seniors and the way our community continues to show how much it cares.

Did You Know?

- ❄️ 50,000+ seniors in Connecticut rely on SNAP.
- ❄️ On December 1, 2025, federal changes to SNAP put benefits at risk for tens of thousands of older adults across the state.
- ❄️ Advocates estimate that 36,000 Connecticut residents — including many seniors — could lose food assistance between now and March 2026.

Our Impact in 2025

1,430
seniors reached

238
seniors helped with
rent, security deposits
or mortgage assistance

282
prescription
copays covered

11,380
meals delivered
to homebound seniors

Stamford has roughly 7,500 Extremely Low-Income households, but fewer than half have access to affordable housing —leaving a shortfall of about 4,100 units.

— 2025 Stamford Needs-Based Housing Assessment (CTDataHaven.org)

Volunteer Spotlight

Nicholas Vallejo, 17, has been volunteering at SilverSource since October. Work experience at a human services agency is a course requirement for a Human Development class he's taking at UConn. "I chose SilverSource because the older population have a lot to give. They have a lot of life experience," he says. "My grandmother inspired me to do this. She's since passed."

Nicholas makes survey calls for SilverSource. "I check in on our clients and see how SilverSource has impacted their life. A big part of it is just listening. It's good to hear that we're having an impact, and hearing what our clients have to say. It's always very positive. They love their caseworkers. I've heard many good things about each of them."



"At times, during some of the heartfelt calls, I can hear my grandmother's voice. Those are the kinds of calls that keep me coming back and donating my time."

— Nicholas Vallejo

Senior Story: Finding Stability

Leah, 67, a retired Certified Nursing Assistant, had always been the one to care for others. But in 2023, after years of chronic health challenges, she couldn't even care for herself. She couldn't dress, bathe, or manage her home. Her son, whom she'd relied on for help with daily tasks, had recently moved out and their relationship had become strained. She suddenly found herself without the support she needed.

That's when she first connected with Rodolfo Cordova, one of SilverSource's bilingual social workers. He arranged weekly deliveries of groceries and personal



Rodolfo is one of our four full-time social workers

care items, set her up with a personal alert system to give her immediate access to emergency services, and helped her to secure a Personal Care Assistant through the Department of Social Services. Life became much more manageable for Leah.

But in 2024, Rodolfo received a troubling call. Leah's home care services had stopped unexpectedly, her health had declined, and after a rent increase, she was at considerable risk of homelessness.

Rodolfo immediately stepped in. He partnered with Connecticut's Adult Protective Services to restore consistent home care services. While SilverSource immediately provided emergency financial assistance to help her avoid eviction, Rodolfo recognized that Leah needed help managing her finances. He supported her through the process of having a conservator appointed — someone to oversee her budget, protect her from financial instability, and ensure that she remained housed. SilverSource also reconnected her phone so that she could participate in her conservatorship hearings.

Today, Leah is feeling stronger, safer, and more hopeful. She knows she's not alone — she has Rodolfo and SilverSource in her corner.

Thank You Stamford High

In November, the Stamford High School community made sure that seniors didn't miss out on Thanksgiving dinner by collecting holiday favorites like stuffing, cranberry sauce, and gravy and bundling these up with grocery store gift cards that seniors could use to buy their turkeys.

The day before Thanksgiving, students helped us load up our vans with almost 60 bags of groceries and gift cards for our older neighbors.

We had a steady stream of seniors picking up their Thanksgiving dinner bags, and a steady stream of volunteers delivering Thanksgiving groceries to homebound seniors.

We're so grateful for community partners like Stamford High School and its Director of Athletics, Chris Passamano, who heads up the annual drive.



Kathleen Bordelon, SilverSource CEO (and Rotarian), and Joseph Armah, SilverSource Board Treasurer

Stamford Rotary Club spotlights SilverSource and EMS

In November, the Rotary Club of Stamford held a special screening of Good Will Hunting at the Avon Theatre — all to support SilverSource and Stamford Emergency Medical Services.

A big thank you to the Rotary Club for bringing awareness to mental health support and raising funds for our Caregiver Support Group through this community event.

Thank you to everyone who attended, contributed, and helped make the evening a success.

Stamford's Kids Care

We're always so inspired by the generosity and enthusiasm of Stamford's youth. Every year, sixth graders at Strawberry Hill School, an extension of Rogers International, and teens from Future 5 step up to help us prepare our Caring Connections holiday gifts.

This year, Strawberry Hill students poured their creativity and kindness into making holiday cards complete with thoughtful messages to brighten the season for our clients. We tuck these cards into our gift bags for seniors, who often tell us how touched they are by the children's messages.

Later, a group of teens from Future 5 came to help with our preparations. With care and attention, they packed the cards, treats, and personal care items into our orange signature gift bags to ensure everything was ready for our Caring Connections celebration.

**"Do you know who made my card?
It's adorable!"**

—Caring Connections Senior



Together for the Holidays



Our Caring Connections Gift Bag event is an annual SilverSource holiday tradition and an important part of our year-round efforts to help older adults feel less isolated and more supported. Throughout the year, our well-check callers reach out to seniors who may be

feeling alone, offering a friendly voice, and a reminder that someone cares.

Many of the seniors we serve experience loneliness, especially during the holidays, when feelings of loss or disconnection can be more pronounced. Making sure that our seniors get a holiday gift is one of the ways we show them that their community cares and that they are not alone.

This season, we welcomed seniors into our offices to share conversation, distribute gifts, and enjoy a warm sense of community together. "This year we got to meet a lot of clients and there was a real sense of community and holiday spirit."

We're so appreciative of all who contributed to the success of this year's event, including our two major

"Now it really feels like Christmas!"

—SilverSource Senior

Teamwork with Heart: Hexcel and SilverSource Bring Holiday Cheer to Seniors

In the run up to the holidays, Hexcel Corporation invited SilverSource employees to join them for a festive team-building activity at their headquarters in Stamford. Staff came together to make holiday greeting cards, assemble gift bags for seniors, and learn more about how we support our older neighbors.

Together we packed 50 gift bags, which were given to [Ride to Wellness](#) clients headed home from

medical appointments in SilverSource vans over the festive season and our neighbors at Scofield Manor, a residential care facility. It was a fun partnership event and a rewarding way for Hexcel staff to channel their team spirit into community impact.

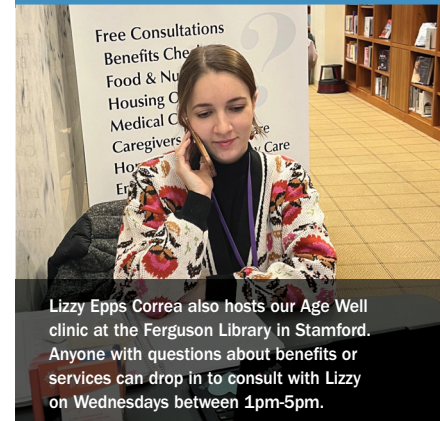
To plan an employee engagement activity with SilverSource, contact Marianne Delaney, mdelaney@silversource.org

SilverSource's Ride to Wellness provides free transportation to non-emergency medical appointments throughout Stamford in wheelchair accessible vans. In 2025, our drivers made 3,983 trips, travelling 9,295 miles in total!

Representing Seniors

In October, Kathleen Bordelon completed her term on the Advisory Council for the Southwestern CT Agency on Aging, concluding more than a decade of service. Throughout her tenure, she collaborated with community representatives from across the 14 towns that SWCAA serves, including professionals who work directly with older adults and advocates who monitor local needs. The Advisory Council provides SWCAA with insight into issues such as housing and access to care and social services.

After 10 years on the council — including two as president — Kathleen has passed the baton to SilverSource social worker Lizzy Epps Correa, who will contribute SilverSource's perspective on the challenges facing older adults in Stamford and keep the council informed about the trends we see through our daily work.



Lizzy Epps Correa also hosts our Age Well clinic at the Ferguson Library in Stamford. Anyone with questions about benefits or services can drop in to consult with Lizzy on Wednesdays between 1pm-5pm.

Circle of Caring

November was National Family Caregivers Month, a fitting backdrop for the launch of our Caregivers Support group led by Roni Lang, LCSW, at our Stamford offices, which now meets biweekly.

More than 41 million Americans provide unpaid care to an adult loved one. A recent McKinsey study found that more than a third of these carers experience high levels of exhaustion, cognitive strain, and emotional distress.

As caregiving demands rise, creating spaces where caregivers can connect, share, and recharge is essential — and we're proud to offer that support right here in our community.

**Would you consider naming SilverSource in your will?
Call Sam Connor at 475-275-0961 to learn more.**



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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.

save the date

INSPIRING Lives CELEBRATION

Thursday, June 11, 2026, 5:30–8:30pm

Stamford Yacht Club

Cocktails, Strolling Dinner & Live Music

Honoring Robert J. Granata, Chairman & CEO of First County Bank,
with the Adele Gordon Inspiring Lives Award

Sponsorship, ticket info, and more details coming soon!

For information, contact Robin Wexler at
rwexler@silversource.org or 203.718.5446

