





*“I really appreciate the help. Taking care of my grandchildren has been a blessing, and a big extra responsibility I did not expect at this point in my life. Thank you for your help when I needed it. ”*

**— Teresa**





**Kathleen Bordelon**  
Chief Executive Officer



**Thomas R. Getreuer, DDS**  
Chair, Board of Directors

## 115 Seasons of Love

Those of you familiar with the musical “Rent” may recall the opening lyrics to the song Seasons of Love where the cast enthusiastically belts out, “Five hundred twenty-five thousand, six hundred minutes,” referencing the number of minutes in a year. Well, given that 2023 marks SilverSource’s 115th anniversary, our team could sing, sixty million, four hundred eighty-four thousand, one hundred and fifty-eight minutes, but that is a mouthful, isn’t it? Perhaps it’s best that we leave the singing to Broadway and express our gratitude to all of you who have helped shepherd our organization through our 115 years of services.

Our beginning was humble in 1908, when eight community leaders pooled their financial resources to create an organization supporting marginalized seniors. We have come a long way and all of this is possible because of your generosity, which propels our work to touch thousands of lives.

Now, as in 1908, we continue to be guided by our exceptional mission of caring for older adults who need community support and a culture of compassion to not only survive but thrive in a world that is rapidly changing around them. We know that it’s not enough to just provide for their basic needs of shelter, food, and health, and that

we need to help seniors get connected in an increasingly digital world, which is why we are so proud of the laptop program launched last year which you can read more about later in this report.

Our board and staff provide a culture of compassion that informs everything we do. We are also grateful to all of our community partners including Stamford Health, the City of Stamford, and the behavioral health units of the Stamford and Norwalk Police Departments, with whom we collaborate on significant cases.

I am pleased to report that SilverSource has finished another outstanding year having a profound impact on seniors, and the community, as well as a solid financial performance. We pride ourselves on delivering much-needed programs, guidance, and financial and emotional support for seniors in need, balanced with good governance and of course the exceptional support of our caring community.

Together, we help ensure our community’s seniors live safely and with dignity as they progress through the seasons of their lives.

*Thank You!*

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*Chief Executive Officer*

## Meet Arlene

*After affordable housing, the greatest challenge seniors face is access to affordable transportation*



### AT A GLANCE

Arlene was living with financial fears in an unsafe apartment. After turning to SilverSource, she no longer struggles with living expenses, has an affordable home, a lifeline to friends and family, and can call for help at the push of a button.

### CHALLENGES

Arlene was spending over half of her monthly income on rent. Her living conditions were poor, and she injured herself after slipping on some ice on the sidewalk due to a poorly maintained gutter. With no one to help her, she managed to crawl back into her building and call for help. It was clear she needed an advocate, and her doctor referred her to SilverSource.

### SOLUTIONS

SilverSource worked with Arlene to secure more affordable safe housing, providing a security deposit, first month's rent and moving support. Her SilverSource social worker also provided her with a personal alert system and helped her obtain a subsidized cell phone to keep her connected to friends, family, and support services.

### KEY METRICS



**405**

Seniors received financial support for housing



**5,130**

Days of Personal Alert System Services



**16,360**

Caring Connections leading to enhanced stability & health

*Our housing stability program prevented 165 evictions this year and works with seniors to secure safe affordable homes.*

#### 1 Housing Stability

SilverSource helped Arlene apply for an affordable apartment and she now enjoys greater safety and financial security.

#### 2 Safety

SilverSource set Arlene up with a personal alert system so that help could be available at the push of a button.

#### 3 Outreach

SilverSource helped Arlene acquire a government subsidized phone giving her an affordable lifeline to family, friends and resources at SilverSource.

# Meet Evelyn



## AT A GLANCE

Evelyn is a 66-year-old woman who recently had brain surgery. While caring for her husband who has dementia, she struggled with the costs of her prescriptions. SilverSource stepped in to cover the full cost of her medications and provided additional services for her and her husband.

## CHALLENGES

Evelyn needed to take blood thinners following brain surgery but found that she couldn't afford the cost of her medications and decided to halve her doses to save money. This trade off resulted in a stroke and her doctor insisted she complete the full 3-month treatment. John, her spouse, is unable to work due to dementia. While they waited for his social security benefits to begin, the couple was in a financial bind and turned to SilverSource for help.

## SOLUTIONS

SilverSource covered the cost of Evelyn's medication and also provided a walker for John and home care support. SilverSource social workers also connected them with a home care program and ensured that they had access to benefits they needed.

## KEY METRICS



**1,026**  
Prescriptions filled



**900**  
Hours of Home Care provided



**638**  
Seniors received financial support for Medical Care

*Uncovered medical costs are a huge burden on seniors who struggle just to pay for rent and groceries.*

### 1 Prescription/Healthcare

Clients each saved an average of \$508 in Rx co-pay costs, allowing them to use their limited incomes on rent and other basic needs.

### 2 Home Care

Clients each saved an average of \$1,824 in short term home care costs.

### 3 Benefits Check-up

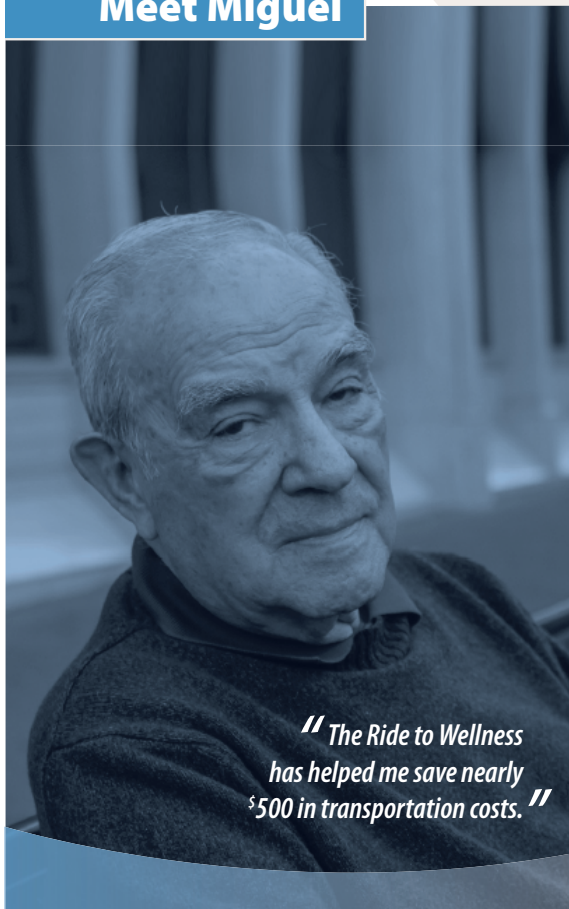
Our social work team ensures that each client receives a Benefits Check-up to ensure they are receiving services and benefits for which they are eligible.

## Thank You Supporters

### \$10,000+

Accurate Lock & Hardware  
Anonymous Donor  
Cacace, Tusch & Santagata, Attys  
The Cappelli Organization  
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Stamford Social Services Dept.  
SWCAA (Southwestern CT  
Agency on Aging)  
The Thompson Family Fdn.  
Tom & Susan Van Riper

## Meet Miguel



*"The Ride to Wellness  
has helped me save nearly  
\$500 in transportation costs."*

### 1 Transportation

The ride to wellness removes transportation costs as a barrier to healthcare, preserving our passengers limited incomes for other basic needs.

### 2 Safe Clean Housing

SilverSource paid for pest control services, advocated for Miguel and assisted him with applications for affordable, safe senior housing and moving costs.

### 3 Food & Nutrition

Staff and volunteers prepare weekly groceries that are consistent with diabetic and renal care. A volunteer stops by each week to deliver nutritious, easy to make meals.

### AT A GLANCE

Disabled after a recent amputation related to diabetes, Miguel, a veteran, needed help getting to and from dialysis appointments. SilverSource helps him with the Ride to Wellness transportation program, and provides him with healthy foods, which significantly stabilized his health.

### CHALLENGES

Miguel survived COVID-19, but now has serious kidney issues and requires dialysis. He needed assistance getting to and from his treatments as well as access to healthy foods for people with kidney disease. Miguel, who is reticent to ask for help, was also embarrassed to share problems he faced in his apartment which was infested with mice and roaches. It was clear he needed assistance and SilverSource stepped in to stabilize his living conditions and provide transportation to dialysis.

### SOLUTIONS

SilverSource helped Miguel get to and from his medical appointments, provided him with healthy, easy to prepare food each week. We helped to improve his living conditions with a plan of care that included housing applications and moving to a clean, safe, affordable home. His new apartment is well within his limited budget.

### KEY METRICS



**4,354**  
Rides to Medical  
Appointments



**107**  
Seniors received  
Energy assistance



**86**  
Seniors received  
household / safety support



*Requests for wheelchair rides are up 42%*



## Meet Lauren



### AT A GLANCE

Lauren is 73 and cannot drive due to acute diabetic retinopathy. Following the death of her brother, grocery shopping became impossible. Unable to drive and with no friends or family in the area, she felt lonely and hopeless. SilverSource was there to help with her nutritional needs, counseling, an emergency alert and transportation to get her to medical appointments.

### CHALLENGES

Lauren and Michael were siblings who looked out for each other. They enjoyed weekly visits and grocery shopping together. During the pandemic, Michael was referred to SilverSource by Stamford Hospital where he was having surgery. Sadly, he passed away, leaving no one to help care for Lauren, who felt increasingly isolated after the loss.

### SOLUTIONS

SilverSource provides a volunteer who shops weekly for Lauren, making sure there are nutritious, easy to prepare options. The volunteer calls and visits provide a consistent caring connection. The volunteer even created a "Silver Paws" fund to ensure that Lauren's cat is cared for as well!

### KEY METRICS



**2,104**

Seniors accessed services at SilverSource



**203**

Seniors received financial support for healthcare \*



**483**

Seniors received Healthy Food Support

\* Healthcare needs include hearing, vision and dental

### Supporters (cont'd)

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#### 1 Aging in Place – Medical Alert

Our social workers make home visits, assess fall risks and monitor emergency medical alerts for vulnerable clients.

#### 2 Counseling

When a life change makes decision-making difficult, help is available to support seniors and their families as they review options and make considered choices.

#### 3 Well Check Calls

Our volunteers continue to check in on seniors to say hello, catch up on their news and share updates with the SilverSource social work team.

## A Beacon of Hope

*SilverSource has been a beacon of hope for senior citizens for the past 115 years. Through unwavering support, dedication and your generous contributions, we have made a profound impact on the lives of countless seniors in our community.*

### Housing Security: A Foundation for Dignity

At SilverSource, we understand that housing is not just a shelter; it is the cornerstone of a senior's dignity and security. For over a century, we have worked tirelessly to ensure that our community's seniors have access to safe and affordable housing. Thanks to your support, we have been able to provide housing assistance and resources, helping seniors live independently and comfortably in their latter years.

### Staying Connected: A Lifeline to Happiness

Isolation and loneliness are among the greatest challenges seniors face today. SilverSource recognizes the importance of human connection in maintaining mental and emotional well-being. Through our community engagement programs, we have brought caring connections into the lives of seniors, helping them forge lasting friendships and stay actively involved in their communities.

### Combating Food Insecurity: Connecting Body and Spirit

No senior should ever have to choose between buying groceries and paying for essential needs. SilverSource is committed to eradicating food insecurity among our senior population. With your unwavering support, we have distributed nutritious meals, organized food drives, and partnered with local agencies to ensure that no senior goes to bed hungry.

### The Fight Against Loneliness: A Shared Responsibility

Loneliness is a silent epidemic that affects many seniors, but SilverSource is here to rewrite that narrative. Our dedicated volunteers and staff have provided emotional support and a listening ear to those who need it most. Your contributions have enabled us to expand our outreach, bringing smiles and warmth to the hearts of seniors.

### Transportation

\$178,744 (15%)



### Nutrition

\$208,877 (18%)



### Outreach

\$171,281 (15%)

### Housing

\$380,957 (32%)



### Medical

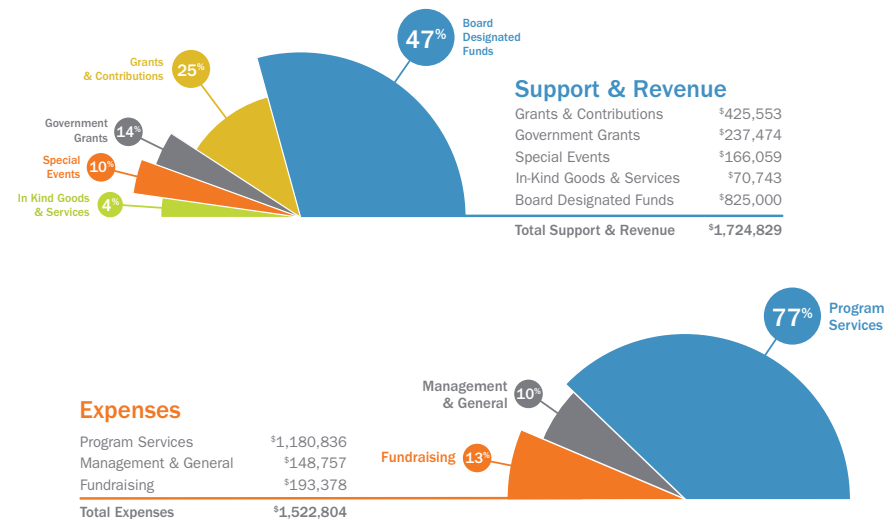
\$240,810 (20%)



## → To Our Connectors, Thank You

None of the connections we bring to our seniors would be possible without the incredible generosity of our donors, the support of our community leaders, our wonderful volunteers, and our partners. Your belief in our mission, your financial support, and your dedication to our cause empowers us to continue our vital work. As we celebrate 115 years of service, we extend our heartfelt gratitude to each and every one of you. Your kindness and compassion have transformed the lives of seniors in our community, giving them hope, dignity, and a brighter future.

Together, we look ahead to a future where no senior faces housing insecurity, loneliness, or hunger. With your continued support, we will write the next chapter of SilverSource's legacy, ensuring that seniors receive the care and attention they deserve. Thank you for being our pillars of strength and for sharing in our vision of a world where every senior citizen can age gracefully with dignity and security.



## Supporters (cont'd)

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## Bridging The Digital Divide

### Fostering Independence

In an ever-evolving digital world, where the internet is a bridge connecting communities and individuals, there exists a digital divide that often leaves senior citizens on the wrong side of the chasm. SilverSource is determined to help seniors bridge that digital divide and, by doing so, provide seniors with a renewed sense of connection, hope, and belonging.

### Getting Connected

The cornerstone of this program was a \$50,000 grant from the Southwestern Connecticut Agency on Aging (SWCAA) for a special project to provide broadband access to two senior housing sites, and to train seniors how to use computers safely and access online resources. SilverSource invested part of that to bring broadband connectivity to senior housing at Willard Manor and Harboursite.

### Laptops: The Keys to a Digital World

The computers are not just gadgets, but vehicles of connection to learning opportunities, family, and even healthcare.

### Training and Connection: Bridging Hearts

SilverSource provided laptops to residents along with a 14-week training program in English and Spanish, with a curriculum including how to use the laptop, navigate the Internet, access telehealth, make video calls, watch movies, shop online, and access training provided by the library and Stamford Senior Center. Going forward, we will use our new Lifelong Learning Laboratory to continue training initiatives.

### The Heartwarming Impact

The emotional impact of this program is immeasurable. Seniors who once felt isolated and disconnected now find themselves engaged in lively conversations with friends and family from afar. Loneliness has been replaced by a vibrant sense of community and ability.

### A Brighter Future

This program is not just about laptops and internet connections; it's about breathing life into our seniors' lives and making them feel seen in the digital world. It's about giving them the tools and support they need to thrive in a rapidly changing world and about making sure no one is left behind in the digital age.



*"Anytime I wanted to do something on the computer, I had to ask my grandson. Now I am more self-sufficient."*

*"I got my library  
card . . . online!"*



*"I learned how  
to access my  
medical records!"*

## Supporters (cont'd)

Polly S. Rauh Ed.D.  
Rick Redniss  
Maria Rizk  
Mv varily Santry  
Maria Scaros  
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Impact Fund  
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Nancy & Brad Benjamin  
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William Berkowitz



## Inspiring Lives Luncheon

Maureen and Mike Cacace were honored for their inspiring leadership, ongoing commitment to the Stamford community and generous support of SilverSource and its mission to provide a safety net to seniors in need.

Maureen & Mike Cacace were honored



Maureen & Mike Cacace, flanked by son Joe & daughter Chrissy



## Caring Connections

At SilverSource, staff and volunteers make caring connections all year round through regular outreach meetings, well-check calls, home visits and food programs. In early December, volunteers come together to create Caring Connection gift bags for our most isolated and vulnerable clients.



Volunteers Don McCafferty & Tom Hamm



Maureen Grosso & Brian Brinkley



Eversource volunteers took the lead making Caring Connections deliveries to seniors.



## Ashton Applewhite

A leading voice in dismantling ageism and author of **This Chair Rocks: A Manifesto Against Ageism**, brought her passionate advocacy and expertise to the gathering.



Georgette Penzavecchia and Cheryl Kendall have been making deliveries since the beginning of the pandemic



Kristin Westfall, Volunteer

## Supporters (cont'd)

Claude & Melody Bernstein  
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Jery & Fran Bobinski  
Cathy & John Bonczek  
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Gloria Lauterbach  
Martha Lawrence  
Rita Lemer  
Eddy Lester



## Golf Outing

September 15, 2022

SilverSource honored Greg Caggainello and John Barnes of Reckson, at Rockrimmon Country Club.

Thank you to everyone who came out in support of our annual golf outing. For more than 20 years, friends of SilverSource have gathered on the greens in support of our efforts to keep seniors safe.



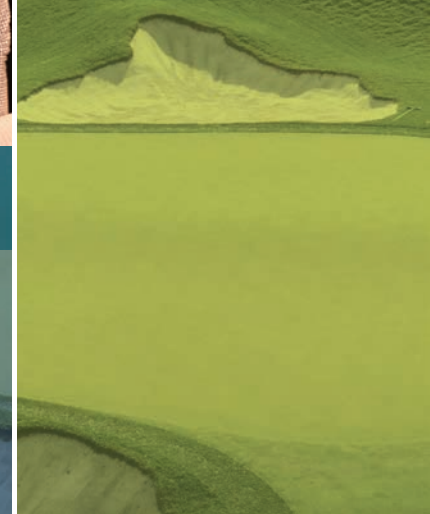
Greg Caggainello & John Barnes



Board Members Tom Van Riper & Joseph Armah



Kathleen Bordelon with Mayor Caroline Simmons & Golf Chair John Louizos





# Eagle Awards



The board of directors presented Eagle awards posthumously to Gerald M. Fox Jr., Jerome Berkman, & Alan Kalter.

Receiving the awards (left to right) Ginny Fox, Louise Berkman, Peggy Kalter



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Susan Liebman  
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