

## WELCOME

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Dear Friends of SilverSource,

As the vibrant golds and reds of autumn surround us, we are reminded that change is inevitable. But embracing change — especially for the most vulnerable members of our community — can be challenging. With your support and engagement, SilverSource is committed to supporting older adults through every stage of life's challenges.

Our programs and connections make a measurable impact on quality of life. Our work goes beyond daily assistance — it is about creating a sustainable safety net for older adults in our community including:

- **Outreach** to educate seniors on their Medicare options and prevent scams, especially during the open enrollment season when many older adults face confusion about what's optimal.
- **Resources** for older adults facing housing insecurity in the face of rising rents and costs of living, preventing homelessness and unsafe living conditions.
- **Collaboration** with UConn Extension and close working relationship with first responders to build awareness of seniors' emergency options and life-saving resources in the face of severe weather events and other crises.
- **Advocacy** for long-term impact including staying current on legislative initiatives that align with our mission and uphold seniors' rights and protections.

Your support makes it possible for us to provide direct services, educational outreach, medical care and housing assistance to those who need it most. With your partnership, we ensure that seniors receive the care, dignity, and security they deserve, especially during times of uncertainty. Thank you for standing with us.

Sincerely,

***Kathleen Bordelon***

Chief Executive Officer

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## HAPPENINGS

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**Annual Drive “Fore” Seniors: A Day of Golf, Pickleball , and Community Spirit**



Our 23rd annual golf fundraiser at Rockrimmon Country Club was a tremendous success. The event, honoring the contributions of Gene and Day Rubino, kicked off with the serves and swings of friendly morning pickleball matches, followed by an exciting afternoon on the golf course, and concluded with cocktails and dinner. Participants enjoyed delicious food, fun competition and camaraderie.

The evening began on an inspiring note with remarks from Connecticut Attorney General William Tong. He highlighted the meaningful work SilverSource is doing in partnership with CT State Protective Services and the Elder Abuse coalition to protect seniors throughout Fairfield County.

Congratulations to our [golf tournament champions](#) and a heartfelt thank you to our [incredible sponsors](#), Golf Committee, donors, golfers, pickleball players, guests, and dedicated volunteers. This beloved annual tradition is more than just friendly competition and entertainment—it is the cornerstone of our primary fundraiser. Your unwavering support and participation ensure our critical programs, including Ride to Wellness and Housing and Medical Assistance, continue to make a difference in the lives of seniors in our community.

**Save the date — next year’s golf outing will take place on Monday, October 6, 2025!**

**The Smallest Things Matter: Caring Connections Holiday Dishtowel Drive**



Our specialized nutrition program delivers

**Cast Your Ballot: Vote SilverSource**



[GreatNonprofits](#), a top source of nonprofit

groceries with easy-to-prepare recipes to homebound seniors with limited resources, providing not only economic relief but much-anticipated weekly companionship.

Program Manager *Claudia Compagnoni Gibb* and a team of dedicated volunteers pack bags of food and home products that are customized to fulfill the dietary restrictions and personal preferences of each recipient. In recent conversations with some seniors, we learned that while they appreciate paper towels, folks would also welcome reusable dish towels to dry large items and reduce waste.

**Would you help us fulfill dishtowel wishes and be more earth-friendly this holiday season?** You can find some options featured at the top of our [Amazon Caring Connections Holiday Wish List](#). Please deliver or send by November 22nd. Our seniors thank you!

stories and feedback, honors highly regarded nonprofits with their 2024 Top-Rated Awards. Receiving this recognition would help raise the visibility of SilverSource's work. All you have to do is post a brief story of your experience with us. Your endorsement will then be visible to potential donors and volunteers.

The process is easy and only takes a few minutes. Vote [here!](#)



## PROGRAMS & PARTNERSHIPS

### Great Grains for Great Brains!



During last month's session at SilverSource, UConn Extension instructor *Juliana Restrepo Marin* led an informative, easy-to-follow lesson for an enthusiastic group. "It's always a great time at SilverSource!" Juliana reflected. "The group seemed to be very interested in learning the suggested portions of whole grains, fruits and vegetables to reach the recommended amount of fiber they should be eating every day."

This lively session included:

- Identifying and passing around samples of different varieties of grains — farro was a new discovery
- Preparing and sharing a high-fiber Fiesta Rice Salad with homemade vinaigrette — recipe [here](#)
- Reinforcing the concepts of a fiber-rich diet with a word puzzle game

While fiber and whole grains were the topics of the month, participants were reminded of the other elements of a heart- and mind-healthy lifestyle. We are fortunate to benefit from the experts at UConn who are at the forefront of nutrition research, education and policymaking.

## CORPORATE PARTNERS

### Growing Connections with Genworth



Helping to foster connection and well-being, our Genworth “Summer of Service” volunteer partners spent an afternoon at Willard Manor building friendships and enjoying activities with our seniors. The fun included:

- Potting tomato and pepper plants for the seniors to nurture at home, providing a sense of purpose and joy
- Several lively rounds of Bingo, sparking much laughter
- Many meaningful conversations, deepening understanding and brightening spirits

These moments of engagement are vital for reducing social isolation among older adults by reminding them they are valued members of the community. We hope the plants and friendships cultivated that day continue to flourish.

## CLIENT CORNER

### Protecting Our Most Vulnerable Citizens



#### ***Heartbreaking Situation. Uplifting Solutions.***

Meet Didi, a resilient woman whose life was forever changed after a stroke left her with memory loss and physical limitations. Tragically, the family member she depended on not only neglected her care but also abandoned her, leaving her alone, hungry, and without support. To make matters worse, this same relative stole her life savings, robbing her of financial security for long-term care.

In close partnership with State Protective Services for the Elderly, SilverSource worked swiftly to restore Didi’s health, security, and dignity. We helped her remain comfortably in her own home with the support of a qualified caregiver. Beyond providing stability, we also deliver meals and essential food for Didi — and a volunteer is caring for her beloved cat.

Our team continues to collaborate with the medical community, and the court system on Didi’s behalf, ensuring she has the support she needs to rebuild her life.

#### ***Raising Awareness about Elder Abuse***

Didi's story is sadly not unique. Each year, more than 5 million older Americans experience elder abuse, neglect, or exploitation. Even more troubling, it's estimated that for every reported case, as many as 23 cases go unreported.

SilverSource is committed to advocating for the safety and dignity of our most vulnerable citizens. Through your support, we can provide essential services, raise awareness, and prevent seniors throughout Fairfield County from falling through the cracks.

Together, we can build a safer, more compassionate community where no senior is forgotten or left behind. Read what you can do to identify and help prevent elder abuse [here](#).

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## VOLUNTEER SPOTLIGHT

### Delivering Food and Heartfelt Connection



When we asked SilverSource volunteers *Cheryl*, *Debbie*, and *Kevin* about their experiences with SilverSource and the seniors they serve, their passion and commitment were clear. Volunteering isn't just a task for them — it's a meaningful way to make a difference.

*"The best part isn't just delivering food — it's knowing you've made someone's day a little brighter."*

Learn more about what motivates them in [this brief video](#), where they share the moments that make volunteering with SilverSource so special.

Through the kindness and dedication of volunteers like *Cheryl*, *Debbie*, and *Kevin*, we're able to deliver more than meals — we're delivering connection, care, and compassion. Thank you to all of our volunteers for making such an important difference in the lives of older adults!

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## SENIOR SAFETY & WELL-BEING

### Emergency Preparedness



Older adults are more vulnerable and disproportionately impacted by natural disasters

and other types of dire emergencies. Factors such as limited mobility, lack of transportation, distance from family, social isolation, and financial constraints often make it more difficult for seniors to stay physically safe and feel secure. The stark reality is that seniors must be even more prepared for environmental and community health crises.

There are proactive steps that seniors should take to protect themselves and their homes in case of disaster. Even just a bit of coordinated planning can make all the difference. Read [here](#) for a summary of practical ideas.

For more comprehensive planning, some valuable resources are:

- [AARP Disaster Resilience Tool Kit](#)
- [AARP 50+ Preparedness Checklist for Caregivers](#)
- [ready.gov Plan Ahead](#)



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**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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