



*I want to extend my heartfelt gratitude to each of you—our donors, volunteers, and community partners. Your support makes a profound difference in the lives of seniors and helps us build an inclusive, thriving community where none of our older neighbors are left behind.*

*With gratitude,* **Kathleen Bordelon**  
Chief Executive Officer

**MISSION:** 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.

- **A pair of siblings, both with mental health challenges and a history of homelessness,** who were at risk of eviction following a funding mix-up. SilverSource paid \$1,500 to keep them housed, giving them stability and relief.
- **Joanne, who we helped with housing and who later faced an overwhelming \$8,000 utility balance.** Eversource offered her a manageable payment plan—if she could pay \$220 upfront. Joanne couldn't. We covered the cost, allowing her to enroll in the payment plan and regain control of her finances.
- **Newly widowed Hyun, who we met during our Age Well drop-in hours at the Ferguson Library.** Hyun spoke little English and needed help connecting with the DMV. SilverSource helped her to cancel her car registration and verify her insurance status, easing a stressful transition during a vulnerable time.

We also continued to strengthen partnerships that expand access to care. Our collaboration with The Rowan Center helped secure state approval to accept both Medicaid and Medicare at their trauma recovery clinic—an essential step in ensuring our clients receive the mental health support they need.

## Our Year-To-Date Impact

**1,007**  
seniors served

**364**  
housing solutions  
for our clients

**\$7,500**  
distributed in  
grocery cards

**228**  
seniors' prescription  
costs covered

**683**  
food deliveries to homebound  
seniors along with 66  
grocery shopping trips

### The SilverSource Safety Net: Real Help for Real Lives in 2025

In Stamford, about 4,600 older adults are struggling to afford housing, food and health-care—and this number is rising. At SilverSource we're working hard to fill the gaps for our older neighbors. Between January and September, we helped over 1,000 seniors, including:

- **Ellis, who lost his dentures in a house fire and had been living on a puréed diet for over three years.** When HUSKY denied coverage for replacements, we partnered with Community Health Center to secure a grant for new dentures and contributed \$900 in lab fees. Ellis is looking forward to enjoying whole food.

## Volunteer Spotlight

Our homebound senior neighbors get weekly grocery deliveries thanks to SilverSource volunteers like Mark Bishop. Mark helps us bring food, care, and connection to seniors whose health prevents them from shopping on their own. He's a committed weekly shopper for our pantry program and also assists with deliveries and food bank runs.

Mark first connected with us after receiving a fundraising letter. "I was immediately moved by their mission to help senior citizens," he recalls. "Having had grandparents who lived well into their 80s, I felt a personal connection to the cause."

Mark restocking our pantry after a grocery run



*I would wholeheartedly recommend volunteering for SilverSource to others. It's a simple way to make a meaningful difference."*

— Mark Bishop

## Annual Board Retreat

At our annual board retreat in September, SilverSource leadership gathered with our nonprofit consultants to confront a growing reality: the demand for senior services in Fairfield County is surging. Longer life expectancy, the Baby Boomer wave, and the relentless pressure of inflation are reshaping what it means to grow older in our community. We asked ourselves: What kind of community do we want to be for our older neighbors?

We believe Fairfield County holds a promise—that aging here can mean stability, connection, and dignity. We envision a supportive community where seniors don't have to choose between groceries and medication, or face isolation because they can no longer drive or are too frail to take the bus.

To turn this vision into action, we've launched The SilverSource Promise—a community-wide campaign to meet the rising demand for services for older adults.

Today, seniors make up 22% of Fairfield County's population—a number that's growing fast. More older adults are turning to us for help. The SilverSource Promise is our commitment to meet this moment with compassion, innovation, and resolve.

**The number of adults aged 65+ in Stamford is projected to increase by 58% by 2030.**

*Connecticut Data Collaborative*

## Catching up with our Board President

SilverSource Board President Bob Goldstein has lived in Stamford since 1970. With a busy career as an accountant, Bob left his family's community endeavors to his wife, Sandy, who was president of both Stamford's Board of Representatives and the Downtown Special Services District. "She was always—and remains—the public face of the family," Bob said.

That changed when Bob retired. His good friend Jerry Berkman, who was then the SilverSource board president, recommended that he become involved in a non-profit organization.

"Of those he recommended, I joined SilverSource, because it was the only organization in Fairfield County helping older adults in poverty," Bob remembers.

He joined the board in 2016 and became Board President in 2023. "Being involved has been a joy!" he says.

Bob likes to talk about the good return SilverSource provides. "There is a lot of need, but 65% of the

people we help become self-sufficient after a year. It's a great success rate in terms of the people we've helped."

"No other organization in Fairfield County does what we do. Stamford's senior population will grow significantly over the next five years—as will the number of people in poverty, and the demand for our services. This demographic problem is not going to go away. If our organization didn't do what we do, the city would have to do it—and I don't think any city is ready for that."

"As a board, we must be proactive about fundraising and promoting SilverSource in the community. We've been here for 117 years, and yet there is a lack of awareness about us in Stamford. There are many people in our community who are civically minded but have never heard of us. That's the challenge that we must overcome. Our CEO and staff are working hard to change this. But the board needs to do it too."



Left to right: CEO, Kathleen Bordelon, Mike Mezzapelle, and Board President Robert Goldstein. At the retreat, the board honored Mike for 17 years of service as a SilverSource trustee. He will continue to serve as an emeritus board member.



## SilverSource: A Community Focal Point

The Southwest CT Agency on Aging formally recognized SilverSource as a Community Focal Point. SWCAA gives this honor to reliable community organizations serving seniors and people with disabilities in Fairfield County. The designation is an official acknowledgment of an organization's vital role in providing support and strengthening community connections for seniors.



### 2025 SilverSource Golf Outing

Under clear skies and perfect fall weather, we welcomed an incredible turnout of supporters, friends, and community champions at the SilverSource 2025 Golf Outing at Stamford's Rockrimmon Country Club—all united by a shared goal: helping our senior neighbors live safely and independently.

Congratulations to our tournament winners and gold level sponsors Tom Cingari Sr., Tom Cingari Jr.,

John Cingari and Gerard Sweeney of the Cingari Family Markets Shoprite for their extraordinary performance on the links, and a special thank you to our Title Sponsors Silver Golub and Teitell, LLC, and Stamford Health. We're also grateful to our honoree Dr. Edward Schuster, for his commitment to the health of our community and the wellbeing of older adults. Thank you to everyone who participated, donated, and cheered us on.

### Meet our Honoree

At our Golf Outing, we honored cardiologist Dr. Edward Schuster, whose work has helped thousands of Stamford residents live longer, healthier lives.

Dr. Schuster is an attending physician at Stamford Hospital and serves as Director of Cardiac Rehabilitation. He earned his medical degree from the University of Chicago Pritzker School of Medicine, completed his internship and residency at Duke Hospital in Durham, North Carolina, and was a fellow at Johns Hopkins Hospital in Baltimore, Maryland.

He played a key role in developing Stamford's EMS system and led the initiative to install defibrillators throughout community spaces. "If you have a heart attack and someone gets to you quickly with a defibrillator, they can save your life," Dr. Schuster says. "The safest place to have a heart attack is in a casino—someone's always watching you, and they have defibrillators!"

Dr. Schuster also serves as the Medical Director of The Tully Health and Fitness Institute in

Stamford, where he promotes his vision of aging as a vibrant, empowered stage of life.

His tips for living to 120 without disabilities include being lucky and blessed, taking vacations, managing stress, following a Mediterranean diet, and exercising regularly. "Enjoy life! This is not a dress rehearsal!" he says.



Bridget Fox, Chief of Staff to Mayor Caroline Simmons, proclaimed October 6, 2025, Dr. Edward Schuster Day in recognition of his contributions to the health and wellbeing of Stamford residents.

### In Loving Memory of Janice Gunnip

A dedicated colleague whose integrity, warmth, and expertise strengthened SilverSource and touched us all.



We are deeply saddened by the passing of our colleague, Janice Gunnip, who led our Data Integrity initiatives since 2017. With her expertise, diligence, and attention to detail, Jan strengthened our reporting systems and ensured the accuracy and reliability of the data that guides our programs. Her work ensured that seniors in Stamford received the resources and care they needed.

We will always remember Jan for her warmth, humor, and the kindness she shared with everyone she worked alongside. She leaves behind a huge void at SilverSource and in the lives she touched, which her big heart and wonderful smile once filled.



**SilverSource**  
A Leading Resource for Older Adults

1100 Summer Street, Suite 201  
Stamford CT 06905  
203.324.6584 | www.silversource.org

## Help Stock the SilverSource Pantry

SilverSource makes weekly grocery deliveries to homebound seniors in need.

At Thanksgiving we add holiday favorites to every bag.



To help stock our pantry for Thanksgiving, please scan the QR code for our Shopping Wish List. Your purchases can be shipped straight to our pantry for distribution.

Your gift helps ensure that seniors in our community enjoy a Thanksgiving meal—shared with love and delivered with care.

Every item makes a difference.

*Thank you for giving!*



SilverSource, a 501(c)(3) public charity, serves as a lifeline and resource for older adults—providing critical support to help seniors stay safe, healthy, and independent. Federal Tax ID #99-1895904

