

SENIORS NEED YOU

Silver Key Partners with Bear Creek Garden Association

Jim and Joanne Summerville have been gardening at Charmaine Nymann Community Garden (CNCG) for decades. Planting onions, kale, cucumbers, squash, and tomatoes, they are a vibrant example of seniors who are staying active in our local community.

The Summervilles inspired Dianne Reitan with their vigor and robust crops! Dianne,

herbaceous plants. I was grateful for their helpful answers to my many questions and I was impressed with their lifestyle," Dianne said.

To deliver on our mission – to support a healthy quality of life for seniors – Silver Key needs partnership with stakeholders. We are proud to engage with Bear Creek Garden Association (BCGA) which runs this garden, located in beautiful Bear Creek Regional Park, on the west side of Colorado Springs. It is the oldest community garden in the Pikes Peak region.

Individuals can rent plots to grow organic vegetables and because BCGA is a 501(c)(3) nonprofit organization, gardeners may not sell their produce but instead are encouraged to plant extra vegetables and herbs to donate and give away to friends. Until the end of the season, gardeners will be donating produce to the Silver Key food pantry, the largest of its kind in southern Colorado.



Happy Shopper
Silver Key Food Pantry Client

the Marketing Manger for Silver Key, became a first-time gardener at CNCG earlier this summer and was assigned the 20 x 20 plot to the west of the Summervilles' 20 x 40 plot.

"I met the Summervilles when I was plotting my



"We know that eating vegetables and getting daily exercise by working our garden, helps us stay agile."

-Jim and Joanne Summerville

For a Good Cause

One of the many gardeners, Jade, donated an entire wheelbarrow of organic greens to the Silver Key pantry!!



Food Insecurities Among the Senior Community

WHY SENIOR NUTRITION MATTERS

In Colorado, one in 10 seniors may not know when or where they will get their next meal. Often they must choose between purchasing food or paying for medications, housing and other basic needs. Nationally, only two out of every five eligible seniors are enrolled in SNAP, which further impacts food insecurity. The majority of seniors who do receive SNAP are very low income, with an average monthly income of just \$912. In Colorado, 25 percent of SNAP recipients are in households with seniors and/or people with disabilities.

FOOD SECURITY FOR SENIORS LEADS TO:

- Substantially lower rates of diabetes ²⁷
- Significantly lower rates of depression ²⁷
- Greater independence with fewer limitations on daily living activities ²⁷
- Reduced rates of preventable hospitalizations ²⁸
- Significantly reduced health care and Medicaid costs ²⁸
- Lower rates of nursing home utilization ²⁸



Infographic courtesy of Colorado Blueprint to End Hunger

How can your donations help with food insecurity?

 \$20 Provides a bountiful bag thanksgiving meal to a senior in need	 \$50 Provides 5 delicious, nutritious meals (MEALS ON WHEELS™)	 \$100 Provides 5 bountiful bags thanksgiving meals for seniors in need
 \$250 Supports 5 clients for 1 month at the Food Pantry	 \$500 Provides 50 delicious, nutritious meals (MEALS ON WHEELS™)	 

Bountiful Bags Thanksgiving

Food Drive



For over 25 years, Silver Key has invited the community to help make the holidays special for the seniors we serve by participating in our annual Bountiful Bags Thanksgiving Food Drive.

Bountiful Bags helps fight food insecurity among senior citizens in the Pikes Peak region by providing a senior and their family with a “Bountiful Bag” that includes all the trimmings for a memorable

Thanksgiving meal. The USDA defines food insecurity as a household-level economic and social condition of limited or uncertain access to adequate food. For many El Paso County residents, food pantries, Colorado Springs Food Rescue, and retail stores that accept Supplemental Nutrition Assistance Program (SNAP) and Women, Infants, and Children (WIC) are the main sources of food.*

This year alone, nearly 1,300 seniors utilized the Silver Key food pantry for their food source every month. It is therefore our goal to fill 1,300 bags for this year’s Bountiful Bags

Thanksgiving Food Drive, and we need your help! It takes \$20 to provide a Bountiful Bag to a senior in need. Please consider making a contribution towards our Bountiful Bags Thanksgiving Food Drive to help seniors and their families remain healthy and happy, with the opportunity to experience a joyful and memorable Thanksgiving holiday.

You can help us reach our goal of providing a full Thanksgiving meal to 1,300 of our older adult neighbors in need. Food donations can be dropped off between October 1st-November 1st during designated hours at specific sites.



ITEMS NEEDED:

1. Cranberry Sauce: Whole Berry or Jellied, 14 or 16 oz. cans
2. Dessert Dry Mix
3. Green Beans: 14.5 oz. cans
4. Instant Mashed Potatoes
5. Dry Stuffing/Dressing: 6 oz. boxes
6. Gravy Dry-Mix: 0.87 (7/8) oz. packets
7. Yams/Sweet Potatoes: 29 oz. cans



Please visit the website below or scan the QR code with your cell phone for a list of drop-off locations: silverkey.org/meals4seniors



How can I be part of the Bountiful Bags Thanksgiving Food Drive?

- 🍁 Donate—use the enclosed envelope or visit silverkey.org/donate and click the BB box
- 🍁 Shop for items for Bountiful Bags during the month of October
- 🍁 Host a food drive with church, family or school—find our toolkit online at silverkey.org/meals4seniors
- 🍁 Share Bountiful Bags Food Drive on social media @[@silverkeyseniornews](https://twitter.com/silverkeyseniornews)



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A collage of Thanksgiving food dishes including turkey, stuffing, cranberry sauce, and bread, with a central text overlay. The text overlay is set against a light orange background with a decorative leaf border. It includes the Silver Key logo, the title "Bountiful Bags", the subtitle "Thanksgiving Food Drive 2021", and the main headline "Save the Date!".

Save the Date!

October 1-November 1
Details Inside

Silver Key™
silverkey.org

Bountiful Bags

Thanksgiving Food Drive
2021