



Silver Key™
 Senior Services
 NEWSLETTER | WINTER 2023

A MESSAGE FROM OUR CHIEF DEVELOPMENT OFFICER

I am thrilled to reach out to you as the newly appointed Chief Development Officer of Silver Key Senior Services, and I am honored to represent this vibrant and compassionate community that I have grown up in. My name is Jaime McMullen Garcia, and I am excited to embark on this journey to contribute to the well-being of our cherished senior neighbors. Having spent most of my professional career dedicated to community development and fundraising, I am particularly passionate about creating lasting impact in the lives of our seniors. The Silver Key Senior Services has a rich legacy of providing vital support and services to our elderly community members, and I am enthusiastic about furthering this mission through strategic development initiatives.

My primary focus as Chief Development Officer will be to cultivate financial support and partnerships that enable us to expand and enhance the range of services we offer. I firmly believe that by fostering strong connections within our community, we can create a more sustainable and supportive environment for our seniors to thrive in.

The well-being of our senior neighbors is at the forefront of my commitment. I am eager to collaborate with each of you, as well as local businesses and organizations, to garner the necessary resources that will allow us to continue providing the quality care and assistance our seniors deserve.

As we embark on this journey together, I encourage you to reach out with any thoughts, suggestions, or ideas you may have. Your input is invaluable, and I am dedicated to ensuring that Silver Key Senior Services remains a cornerstone of support and compassion within our community.



Thank you for your warm welcome, and I look forward to working closely with each of you to make a positive impact on the lives of our senior neighbors.

Warm regards, *Jaime Garcia*

What is Silver Key?

Silver Key serves in partnership with our stakeholders to support a healthy quality of life for seniors, allowing them to age safely with dignity and independence. Silver Key is proud to serve thousands of seniors in the Pikes Peak region. We offer a variety of services for area seniors to maintain their independence, safety, and quality of life.

Our Services Include:

HEALTH & WELLNESS

- Calls of Reassurance
- Companionship
- Durable Medical Equipment
- Behavioral Health Case Management
- Resource Navigation
- 5 Wishes Advanced Care Planning
- Educational Partnerships (Internships)

NUTRITION

- Connections Cafés
- Food Pantry
- Meals on Wheels
- Home Delivered Meals

SOCIALIZATION

- Connections Cafés
- Thrift Stores Shopping
- Volunteer Opportunities
- Tri-Lakes Senior Center
- Fitness
- Games & Activities
- Programming

TRANSPORTATION

- Door Through Door Specialized Services

EDUCATION

- The Clubhouse
- Digital Experience Hub (Computer Classes)

Tech-Savvy Seniors: Bridging Connections

Studies show that seniors who use technology feel more connected to others, are better engaged in the community and world around them and are more informed about current events. Here are more ways that technology use benefits seniors: 1. Personal safety 2. Keeping in touch with loved ones 3. Improving mental and physical well-being 4. Improved social wellness 5. Staying informed of current news.

Silver Key is one of seven non-profit organizations in Colorado picked to receive funds to bridge the digital divide in our community. In addition to opening its "Digital Equity Hub," Silver Key has partnered with AARP and its "Senior Planet" program to bring the latest skills, courses, workshops and training to our Senior community,



Open lab hours at the Digital Equity Hub:

Monday/Wednesday - 10 a.m. to noon
Fridays - 11 a.m. to noon

Watch for the scheduling of digital classes including computer basics and web essentials.



Bountiful Cheer
throughout the year



Thank you to our generous donors:

- Aetna
- CHFA
- Cigna
- Diversus Health
- Rocky Mountain PACE
- Silver Key Thrift Store



Scan me to Donate!

emptystockingfundco.org/donate/

Every dollar donated can grow by almost half thanks to matching grants. Consider donating to Silver Key today!

SUBARU **share the love**® EVENT

Meals on Wheels has been selected yet again as one of the national charity partners of the 2023 Subaru Share The Love Event. More than \$30 million has been donated to the Meals On Wheels movement through the event.

Since 2008, Subaru and its retailers have helped donate and deliver more than 4.3 million meals and friendly visits to seniors in need. The Subaru Share The Love Event is back to help deliver meals and support to America's seniors! For every new vehicle purchased or leased between November 16 and January 2, Subaru and its retailers will donate a minimum of \$300 to charity, like Meals On Wheels.



SILVER KEY 2023 TRIBUTES

In memory of Silver Key family who passed in 2023

Volunteers:

Owen "Geoff" Copland

Volunteer Driver for Transportation

Dolores Jones

Murray Connections Café
Volunteer

Staff Members:

Karen Rivera

Data Entry and Analysis Specialist

Enhancing Lives: Silver Key Companionship Services' Commitment to Holistic Care

At Silver Key Companionship, we're more than caregivers; we're companions dedicated to enhancing lives and holistic well-being. Our approach revolves around personalized, adaptable care tailored to individual needs, ensuring trust and reliability in every service we provide.

Personalized Care

Understanding each person's unique needs drives us. Whether it's daily support, specialized care, or companionship, we aim to be the dependable companions our clients can rely on.

Advocacy and Support

We stand up for those who can't. Through care management and advocacy, we ensure individuals receive the support they need for a safe and fulfilling life.

Holistic Senior Well-being

We address mental, emotional, and financial aspects, connecting seniors to essential resources for a well-rounded, fulfilling life.

Combatting Social Isolation

We don't just visit; we actively reduce isolation risks with safety checks and meaningful engagements, fostering connections that enrich lives.

Creating Belonging

Our aim is to create an environment where everyone feels valued and understood, sparking purposeful living through companionship and support.

Join us at Silver Key Companionship in our mission to enrich lives, foster connections, and create a world where everyone feels valued and empowered. Together, we can make a meaningful difference, one companionship at a time.



Silver Key is seeking companionship volunteers to assist local seniors with one-hour weekly visits in their home to provide social connectivity, wellness checks, and running errands. Companionship volunteers require a criminal background check, drug screen, Division of Motor Vehicle check, copy of a valid driver's license, up-to-date auto insurance, volunteer orientation, and ongoing specialized training. For more information contact the Volunteer Engagement team at **719-884-2300** or **volunteer@silverkey.org**.

Scan me to volunteer!



Silver Key Senior Services provides compassionate, reassuring, expert-level care delivering a sense of home and hope to seniors in El Paso county. Your donation directly serves between 8-9,000 of your senior neighbors every year.

To help with these invaluable services, please donate to Silver Key before Dec. 31, 2023, to maximize your tax benefits. Taxpayers can deduct charitable contributions from total taxable income, reducing the total tax owed at tax time. Donors who are 70 ½ or older are eligible to give up to a maximum of \$100,000 per year from their IRA directly to a qualified charity and potentially lower their overall income tax while meeting the minimum qualified distribution.

Scan me!



silverkey.org/donate/eoy

Silver Key dedicates its time and services to helping seniors in Colorado Springs live with dignity and independence, but we couldn't do what we do without our amazing volunteers. Throughout December, we want to highlight the incredible stories of the people that share their time and energy volunteering at Silver Key. Below is a testimonial from Ron Burge, a U.S. Army veteran and Companionship volunteer.

Soldier's Dedication: Ron Burge's Inspiring Journey

"As I recently achieved the official title of a "Senior" in the community [I recently turned 65 years young] I have been asked to give a testimonial of my experience at Silver Key. Having never been asked this question before, I turned to my experience as a soldier in the United States Army as my motivation to put thoughts to paper.

I spent 23 years in the military and it was in part due to this achievement, I was asked to volunteer in a program at Silver Key by a dear friend on the staff at Silver Key. They created a program to support elderly military Veterans in our city and reached out to other Vets as potential companions. A few years back the Army coined a phrase that supports my desire in volunteerism that states I am a "Soldier For Life". Being a soldier that served our country was an honor and even though I do not wear a uniform any longer I feel the need to serve as a primary function in my daily responsibilities. Whether it is providing support to the local church or any number of community needs, serving creates a positive purpose in my life while I adjust to retirement. The Companionship Program at Silver Key filled a

"The "battlefield" for the elderly today is isolation, depression, and loneliness. Having someone to build a bridge to connect with the elderly is how I continue to serve."

void that I had and it allowed me to further support a directive the military formed from my very first day after taking my oath of service. "Never leave a comrade on the field of battle" was driven into our brain from day one of basic training. All service members learned this crucial aspect of their duties and I have continued to support this rationale in my volunteer duties. The "battlefield" for the elderly today is isolation, depression, and loneliness. Having someone to build a bridge to connect with the elderly is how I continue to serve.

I am allowed to use a creative mind set and show my



elderly Veterans aspects of life that they can't quite complete on their own due to aging and a shortage of opportunities. We attend ball games, go fishing, or simply partake in a nice meal and reminisce about places we've traveled and experiences we have shared. Every day I find a wealth of enjoyment in interacting with seniors. Their insights on life and their experiences are fascinating and allow me to better serve them and their needs. I have found that with just a little creative motivation, a person confined to a wheelchair can still enjoy a trip to the mountains or take in a Broncos game.

I have chaperoned an elderly Vet to visit his ailing father one more time out of state and the joy of watching this scenario take place was beyond words. I consider myself a

"volunteer

"We can't take our belongings with us, only memories and the knowledge that helping someone is the ultimate gift one takes with them at the end."

overachiever" that looks forward to future opportunities to serve and wakes up every day with a new motivation and a desire to create new memories for my elderly friends. My grandmother once told me "there aren't any U-Hauls going to Heaven". It took my many years to fully comprehend what she meant by this statement. We can't take our belongings with us, only memories and the knowledge that helping someone is the ultimate gift one takes with them at the end.

I hope that I am creating some memories for my senior friends; I know they have given me a wealth of satisfaction I'll hold dear until my days are gone. Thank you for this opportunity to serve our seniors and this community."

Ron Burge, CWO III - US Army Retired