

# Silver Key Companionship

Silver Key Companionship Services is here to bring kindness, connection, and support to seniors in many ways. As a trusted nonprofit, we're honored to help older adults live happier, healthier, and more independent lives—with dignity at the heart of everything we do.

Our dedicated team of professional and volunteer caregivers is here to lend a hand with daily tasks and provide meaningful social connections, ensuring seniors feel supported and valued every step of the way.

Our program brings together our services into one thoughtful, supportive package—because everyone deserves care that feels like family. That's why we call it *"Caring for You, Like Family."*

With this program, you'll receive a friendly 60-minute visit from a trained staff member, plus a volunteer who's excited to connect and build a meaningful relationship with you. You can also sign up for our Calls of Reassurance program, where we'll check in with a quick, friendly call 1-3 times a week—just to say hello and see how you're doing.

Call **719-884-2300** for more information!



## LOVE WHAT WE DO?

Well, we need your support! Silver Key couldn't do everything we do without the help of our beautiful community.

In order to maximize your tax benefits, please donate to Silver Key **before Dec. 31, 2025**. 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 here to donate!



# NEWSLETTER

## SPRING 2025

## Calling All Silver Key Champions!

We are looking for Table Captains—champions of Silver Key who passionately care about our mission and want to introduce new people to the life-changing work we do.

We need volunteers to serve as Table Captains for our annual fundraising breakfast, "Silver Key is...." As a Table Captain, your role is simple but impactful:

- **Invite 5-10 new guests**—family, friends, colleagues, or business associates from the Pikes Peak region who may not yet know about Silver Key.
- **Host them at your table** during the event.
- **Help us grow our network** by sharing why Silver Key matters to you!

### Silver Key is...

That's the theme of our event, meant to inspire reflection on what Silver Key means to each of us.

For me, Silver Key is...memories. I remember speaking at a Tri-Lakes town hall and sharing a story about a tie I bought at the Silver Key Thrift Store. That tie had once belonged to a Chicago police officer, and I joked that I wasn't worthy of wearing it. But it wasn't just a tie—it was a reminder of history, connection, and transformation.

It took me back to my childhood, riding the Silver Key bus with my great-grandmother in the '80s. Decades later, I now proudly serve as a Silver Key staff member, carrying forward a mission that has shaped lives, including my own.

Silver Key is...transformation. Just as an alchemist turns raw materials into gold, Silver Key takes the generosity of volunteers, donations, and care and transforms them into something even more valuable—human connection, dignity, and lasting impact.

Will you help us expand our reach? If you have a personal connection to Silver Key and know 5-10 people who should hear our story, we invite you to become a Table Captain.

Join us **March 26th from 3:30 - 5:00 pm at our Silver Key Campus, 1625 S. Murray Blvd, Colorado Springs**. Enjoy wine, cheese, soda, and hors d'oeuvres, and mingle with fellow supporters before our 4:00 pm presentation on the Table Captain's role. Even if you can't attend, you can still be a change agent by helping us build the invitation list and introducing new people to Silver Key's mission.

Warm regards,  
Jason DeaBueno  
President and CEO



# Mental Health First Aid for Older Adults

Sign Up Today!

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

Whether you need to assist today or years from now, this certification gives you the confidence you need to have the conversations that will allow older adults to live as comfortably and independently as possible.

Seating is limited! See details below.



Call **719-884-2311** or scan the QR code to sign up!



**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**Friday April 11, 2025**  
8am - 5pm  
1625 S. Murray Blvd, COS

**In-Person Training**  
Full Day  
15 Minutes of Pre-Work

We are grateful to the DAV Charitable Service Trust for their generous support of veterans in our Companionship program, helping ensure they receive the care and connection they deserve. Join us in supporting disabled American veterans by donating to their cause by scanning here:



Dear Silver Key Team,

Over the past day, my inbox, phone, and conversations have been filled with questions—concerned voices from those we serve, dedicated volunteers, and even the media—all asking the same thing: What does the President's recent Executive Order mean for Meals on Wheels and other critical services? The national headlines have created a wave of uncertainty, and I know many of you are feeling the weight of this moment.

Let me start by saying: You are not alone in this concern. We don't yet have all the answers, and like you, I wish we did. But waiting for clarity does not mean standing still. As I walked through our building yesterday, I saw a reality that no executive order can change—the heart of Silver Key in action. I watched people loading pantry food into their cars, not just for older adults, but for over 300 grandparents making sure their grandkids have full bellies to fuel their learning. I spoke with a volunteer in our thrift store, working tirelessly to sort donations because they know—this helps people eat.

These moments reminded me of something crucial: Silver Key is not defined by policies or funding uncertainties. We are defined by people—by our community of action, by the unwavering commitment of over 400 volunteers and an extraordinary staff, and by a spirit of resilience that has sustained us for decades.

So, when people ask me, What are we going to do? My answer is clear: We will do what we have always done. Adapt. Persist. Serve with wisdom and strength. Research shows that nonprofits often take on the characteristics of the people they serve, and that means Silver

Key embodies the resilience, adaptability, and wisdom of the older adults we support. We are not passive players in this story—we are the ones shaping the future for those who rely on us.

Now, more than ever, we need to lean into action:

**Share your voice** – If Meals on Wheels has touched your life, tell your story. Email [advocacy@mealsonwheelsamerica.org](mailto:advocacy@mealsonwheelsamerica.org) so decision-makers understand what's at stake.

**Volunteer** – Every hour of service multiplies our impact across all programs.

**Learn & Advocate** – Attend a tour, understand what we do, and help spread the message of Silver Key.

**Give & Inspire Giving** – Whether through a donation or encouraging your employer to sponsor an upcoming event, every contribution strengthens our mission.

Change is inevitable. How we respond is what defines us. The human experience is full of uncertainty, but the best way to move through it is to take action within our sphere of influence. Be wise, be adaptable, and be resilient. And most importantly, don't be afraid to tell others what Silver Key is—to you, to those you care about, and to the many who might otherwise be left in isolation.

We will continue to serve. We will continue to uplift. And we will not let uncertainty define us.

With gratitude and determination,

Jason DeaBueno  
President and CEO

