

Newsletter

SPRING 2026



Navigating the Community with Hearing Loss: Quick Tips for Self-advocacy

Know Your Rights for People with Hearing Loss!

Americans with Disabilities Act (ADA) -Communication Accessibility is required by the ADA (at no cost to you) in community and medical settings.

Request Hearing Accommodation in Medical Settings

In medical settings, ask your provider's office directly for hearing accommodations when scheduling your appointment. Be specific about what works best for you.

Request Hearing Accommodation in Community Settings

Contact the facility holding the program, service, activity (meeting) directly, or, contact the Colorado Springs Office of Accessibility

Simple Ways Caregivers Can Better Support Someone with Hearing Loss

Get the listener's attention before speaking, avoid speaking from another room. Speak clearly at a moderate pace, without yelling. Don't chew or cover your mouth while talking. Repeat or rephrase as needed; be patient and respectful. Don't use dismissive comments, such as "never mind."

Vickie Pacheco

Hearing Loss Association of America
Colorado Springs Chapter
HLAAColoradoSprings.org



Extra Resources

Scan the QR code or visit
hearingloss.org to learn more



Look for this sign,
it means hearing
assistance is
available upon
request.



CO Springs Office of Accessibility

Scan the QR code or visit
coloradosprings.gov/office-accessibility/page/request-ada-accommodation-or-service

SAVE THE DATE



SENIOR SUMMIT

Expo of Elder Services

Great Wolf Lodge

9494 Federal Dr.
Colorado Springs, CO

May 14th & 15th, 2026

8am - 2pm



The Senior Summit is back — and this year it's a **TWO-DAY EXPERIENCE** designed to expand connection, resources, and impact across our community! Join us for the largest elder expo in the Pikes Peak Region, bringing together trusted vendors, valuable resources, and meaningful connections.

Whether you're an elder, have elder friends or family, or are involved in serving the elder population, this is the event you won't want to miss.



RSVP Today!

Scan the QR code or visit
silverkey.org/senior-summit-rsvp/



Learn More!

Scan the QR code or visit
silverkey.org/senior-summit/

AARP Tax Aide Appointments!

Feb. 4th - April 15th

Wednesdays and Thursdays

9am - 3pm

Silver Key Activity Center

1655 S. Murray Blvd.

CO Springs, 80916

If Applying Online:

Create your ID by entering your name, email, and password. Then click the box for Silver Key Senior Center and select your preferred day and time.



**For appointments, call 719-723-0069,
Scan the QR Code or schedule online
at cotaxaide.org/appt**

EVENTS



Activity Center South

Scan the QR code to view the
March Activity Calendar



Tri-Lakes Activity Center

Scan the QR code to view the
March Activity Calendar

Voices Of impact

The Difference You Make



“ I have been disabled since 1996 when I was diagnosed with Multiple Sclerosis. Over the past 5 years *mobility has been increasingly difficult and severely limited due to weakness, chronic pain, damage from hard falls, etc.*

I have been working with Silver Key for help with transportation (*Reserve and Ride*) and with in home tasks. (*Companion Program*)
Recently, SilverKey has given me a beautiful Power Chair!

I have been housebound the past 3 years.

This year I will be able to *see, hear, and feel* the spring changes in my neighborhood, *safely from my chair.*

I'll be able to get my vitamin D the real way, by *sitting out in the sun as much as I want!*

This chair is state of the art, with many adjustable components that will help with pain management, and the ability to be able to get my own mail, take out my own trash, etc.

The entire seat can raise up to counter level to assist me with food prep.
(I have been unable to stand at counter for any length of time).

This chair will help me be able to continue to live indepently in my apartment.

Things are looking up. I'm not sure of what the future holds for me now that I have this very versatile piece of equipment, but I am looking forward to exploring the possibilities!

Thanks Silver Key! And thanks to the many staff people who were involved in making this happen.

With Hope and Gratitude,
Elizabeth G. ”

We'd love to hear from you!

Share a short testimonial about what being a Silver Key member means to you—whether it's the friendships, activities, or support you've received. Your story could inspire others to get involved!



To Share Your Story

Scan The QR Code or Visit:

<https://forms.office.com/r/DJtzsdXBpk>



MEMORY
LANE
GAMES

A fun, brain-friendly app designed especially for older adults. It features simple, nostalgic trivia games that spark memories, laughter, and conversation — all with easy-to-read text and no complicated controls.

Why try Memory Lane Games Pro?

- Supports brain health and memory stimulation
- Celebrates music, culture, and moments from the past
- Great for playing independently or with family and friends
- Simple, senior-friendly design
- Encourages conversation and connection

Keep your mind moving. Relive great memories. Have some fun!

Look for **Memory Lane Games Pro** in the app store.



Scan for **Apple**



Scan for **Android**

Silver Key code: SILVERKEY26

Need help getting started? Stop by the Murray Activity Center Computer HUB, 1655 S Murray Blvd, Colorado Springs, CO 80916 **Fridays 9am-12pm** or call **719-884-2300** for additional tech assistance hours.

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 December 31**. Charitable contributions made to qualified nonprofits may be deductible from taxable income, reducing your total tax owed. If you are age 70½ or older, you may also make a Qualified Charitable Distribution (QCD) of up to \$100,000 per year directly from your IRA to Silver Key. These gifts can be excluded from your taxable income and can also count toward your required minimum distribution, potentially lowering your overall tax burden. **Please consult your tax advisor for guidance on your specific situation.**



Scan here to donate!