

# Silver HORIZONS *E-News* New Mexico

[www.silverhorizons.org](http://www.silverhorizons.org)  
505.884.3881

Fall 2015

## Mayor Berry Honors Silver Horizons at Media Conference



On Tuesday, September 29, **Mayor Richard J. Berry** spoke at a media event held at Silver Horizons' new headquarters, honoring the success of September's "Stop Senior Hunger" Food Drive. Collection barrels were distributed to 78 locations throughout Albuquerque, and a "Stuff the Bus" drive was held on Saturday, September 26, with City buses set up in the northwest and northeast to collect additional donations of food and personal care items for Albuquerque's neediest senior citizens. The event received coverage on all three network TV affiliates and the state's strongest radio station, 770 KKOB-AM.

## CELEBRATE!! And Keep on Working Hard

Just a few months into our new, expansive space and the results are astounding. From being able to help feed approximately 70 low-income seniors each month in our previous space, in the past weeks we have...

- **Collected 23,045 lbs. of food** through our Stop Senior Hunger collection barrels located throughout the area, our "Stuff the Bus" collections at two locations on Saturday, September 26<sup>th</sup>, and a host of other donations
- **Served over 1,400 people** through our regular monthly Farmer's Market-style pantry, two special pantries, and deliveries to a number of locations throughout the city
- **Brought in 400 of our neediest seniors** for two special food pantries in partnership with the City of Albuquerque's Department of Senior Affairs and Comfort Keepers
- **Distributed hundreds of pre-packed food boxes** to centers for distribution in various areas of Albuquerque

**...and we're not done yet! The need continues to grow.**

## Please Join Us at the Senior Hall of Fame Reunion November 17<sup>th</sup>

Honoring the Past and Celebrating the Future—that is the focus of the Senior Hall of Fame Reunion on Tuesday, November 17<sup>th</sup> from 5 – 8 p.m. at the Crowne Plaza Hotel on University just south of Menaul. The gala evening will honor past Senior Hall of Fame inductees and their loved ones in an evening that features cocktails and dinner, silent and live auctions, music by Rodney Bowe and Sweetlife featuring vocalist Sina Soul, a delicious dinner and keynote speaker. Tickets are \$60 for individuals, or \$600 for a table of ten, and are available at [info@silverhorizons.org](mailto:info@silverhorizons.org) or by calling Ron at 505.800.1400.



# Low Income Seniors Being Hit Where It Hurts!



A recent announcement from the Social Security Administration that due to lower gas prices, there will be no COLA (Cost of Living Adjustment) increase in January, but Medicare deductions are likely to increase. For seniors living on \$750 or less per month, this is devastating news.



One of our clients shared her story about moving to a less expensive apartment, only to see her SNAP (food assistance) cut from \$140 per month to \$25 per month. Imagine the creative shopping needed to provide healthy, nutritious meals on about \$.83 a day! Even factoring in services like Meals on Wheels and various food pantries, how do you even survive?

This client is so grateful for Silver Horizons and the opportunity to choose foods and other necessities from a wide array of options. “I appreciate any help, but the difference in what is available at Silver Horizons’ Farmer’s Market and other pantries is significant. Fresh meat, vegetables, milk and other things that make life infinitely better are so important, and I am so very grateful.”



A senior couple posted on Facebook, “Thank you for the food boxes today! We really need them! After paying rent, bills, gas for the car, there is no money for food! Our local community center told us about you!”

As successful as our past few months have been, the need is still great, and our pantry empties out very quickly. Roadrunner Food Bank is a valued partner and provides Silver Horizons with large quantities of food each month, but more is needed. As the holidays approach our seniors may be in greater need as some of their usual resources may not be available during that time. **You can help!** A donation today can help boost our monetary resources and ensure that our seniors are well cared for in the coming months. <http://silverhorizons.org/get-involved/>

## Volunteering: Fun and Rewarding

Studies show that people who volunteer their time and energy are likely to have a higher degree of satisfaction in life. “It is better to give than to receive” is more than just a statement, it is a lifestyle.

As our outreach to low-income seniors continues to grow, so does our need for volunteers, particularly those who can be available on weekdays to help with receiving food deliveries—sometimes on short notice. As you can imagine, packing and sorting over 23,000 pounds of food and supplies takes real effort, so we need you!

## We also need help with...

- Assisting with monthly Farmers’ Markets, delivery to various locations, including two homebound seniors
- Office support—sorting, filing, keeping up with various projects
- Database management to ensure that we have accurate records of clients, volunteer hours and other key information

If you can help a little or a lot, please contact Elizabeth at [epelz2011@comcast.net](mailto:epelz2011@comcast.net) or call 505.254.9905 or 505.340.5522.

