



Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428

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### Board of Directors

- Bruce Woodside, Chair
- James Schott, Vice-Chair
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- Betsy Topper, Secretary
- Jess Deegan, Member
- Marsha Brezonick, Member
- Linda McCone, Program Manager
- Laura Lee Yates, Program Assistant

### Gone but Not Forgotten

Bill Bishop, 20+-year resident of the North Fork Valley and supporter of many area nonprofits, passed away on February 12. We will miss his thoughtful leadership and bright smile.

We mourn the passing of Glenna Sieracki, a dedicated musician and master bridge player, on February 16. Plant a tree in her memory and listen to a symphony...

Alma Faye Kimball passed away at home on March 18, surrounded by family. Faye's gracious presence will be missed here in the North Fork Valley.

Attorney and business owner Jim Briscoe lived in Paonia for more than fifty years. He passed on June 30 after a life filled with family, community service, and love of the outdoors.



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To the North Fork Senior Connections community,

In August of 2019, the organization and board members formerly affiliated with the Front Range-based *A Little Help* broke away to form our own independent and more locally-focussed volunteer brigade which we decided to call *North Fork Senior Connections*.

The name change was significant. We were looking to not only continue our tradition of service to the population of seniors in the North Fork Valley, but also to extend the mission to include forging stronger bonds of participation and education within the communities of Crawford, Hotchkiss, Paonia, and beyond – *for all age groups*, forming a more resilient network of local connections and support.

And now, here we are, over two years later, in the wake of what could have been a devastating and isolating lockdown, emerging with what I believe to be in some ways an even stronger organization, thanks to the continuing efforts of dedicated members and the contributions of many generous donors and institutional benefactors.

The senior population was identified early on as a particularly vulnerable demographic in the battle to contain the Covid-19 pandemic, and for our organization that meant curtailing, in an abundance of caution, many of the services that required face-to-face interaction, such as rides to doctor visits, indoor housekeeping chores, and a number of other activities key to our stated goal of “finding solutions to help seniors age in place.”

Still, under the direction of Program Manager Linda McCone, our army of volunteers worked to develop and sustain initiatives such as local summertime CSA deliveries and computer-based Zoom classes that kept us intact and effective.

This past year has seen the organization respond to many changes. In March, Randy Campbell, a key figure in first bringing *A Little Help* to the valley and then shepherding our transition into *Senior Connections*, announced his retirement from the board as chairman. In addition, we have recently added Laura Lee Yates to our support staff in the role of Program Assistant, and we will continue to welcome other participants to the board or in advisory positions. We are always looking to expand our pool of volunteers, expertise, events, and resources.

We cannot know what the coming year will bring, but all of the usual problems associated with aging have been placed in stark relief by the continuing crisis of the pandemic, still affecting the world at large and calling for us to engage more creatively with whatever restrictions we may still face locally. As Randy noted in last year's report, “Whatever we do, it will be with the wellbeing and safety of our members and volunteers front and foremost.” I wholeheartedly concur.

Best wishes for even better connections,  
Bruce Woodside  
NFSC Chairman of the Board

12:32 PM  
08/09/21  
Cash Basis

**North Fork Senior Connections**  
**Profit & Loss**  
July 2020 through June 2021

	Jul '20 - Jun 21
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
<b>INCOME</b>	
Donations	11,840.18
Foundation Grants	36,348.43
Fund Raisers	1,435.00
Government Grants	10,450.00
<b>Total INCOME</b>	60,073.61
<b>Other Types of Income</b>	1.07
<b>Total Income</b>	60,074.68
<b>Expense</b>	
<b>General Operating Expense</b>	
Accounting/Payroll Service	980.61
Computers	1,466.36
Ins. Liability, D&O, Work Comp	2,198.00
Memberships	120.00
<b>General Operating Expense - Other</b>	64.00
<b>Total General Operating Expense</b>	4,828.97
<b>Program Expenses</b>	
Background Checks	368.75
Community Support Program	9,330.80
Computers	1,514.04
Contracted Services	3,670.00
Event Expenses	
Food and Catering	627.38
Event Expenses - Other	103.86
<b>Total Event Expenses</b>	731.24
Mgmt Platform, Database, Web	998.97
Office Supplies	906.85
Payroll Expense	
Taxes-Payroll	1,646.23
Wages	21,519.26
<b>Total Payroll Expense</b>	23,165.49
Phone, Internet	351.56
Postage, Printing & Advertising	2,375.23
Program Supplies	39.32
Program Expenses - Other	31.29
<b>Total Program Expenses</b>	43,483.54
<b>Total Expense</b>	48,312.51
<b>Net Ordinary Income</b>	11,762.17
<b>Net Income</b>	<b>11,762.17</b>

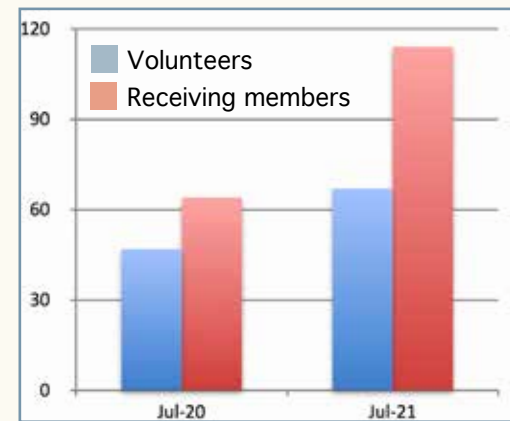


## Membership

North Fork Senior Connections rose to the challenge of the pandemic. The Covid-19 quarantine restrictions that began in March 2020 continued through this April when we slowly began to hold a few in-person events and take on a few indoor service requests (with mask and vaccination notifications of course). Senior Connections was able to help our members as well as others in the community in a number of ways.

- We delivered vegetables & bread over the summer of 2020 to 24 households.
- We partnered with Cindie Sorensen of ZenZen Organics to deliver food boxes and milk from the Food Bank of the Rockies to several senior households for a few weeks this past spring;
- Senior Connections was tapped by the Town of Paonia to administer funds from the CARES act to help Paonia residents with utility bills, rent and gift cards for food.
- Several classes were moved online to keep communications open during the quarantine.
- We convened a new initiative, the Social Isolation Collaborative, to address the needs of the most severely isolated older adults in the North Fork Valley. Our collaborative partners include North Fork Emergency Services/ Community Paramedicine Program, Hope West Hospice, Delta Department of Human Services/Adult Protective Services, The Center for Mental Health, All Points Transit, and Region 10 Area Agency on Aging ADVANTAGE Health Resource Center/Volunteers of America.

We added both receiving members and volunteers, ending the year with 114 volunteers and 67 receiving members. Our amazing volunteers have stepped up to help with events, by making deliveries to senior members, accomplishing seasonal outdoor chores on both of our Service Saturdays and with special requests such as moving and stacking firewood, cleaning a rental home and erecting a tent.



## Events

Our events continue to be an essential part of what Senior Connections offers to the community, although the Covid-19 quarantine had an oversized impact on what we were able to present. We worked to mitigate some of the social isolation experienced by members and other elders in the community by offering online Zoom programs including:

- “Boost Your Brain and Memory” over 8 weeks last summer.
- Yoga class presented by Helpful Village in November
- A weekly Zoom version of Phyllis Swackhamer’s “Gentle Therapeutic Movement” during the winter months.
- In February & March, Senior Connections and the Blue Sage co-sponsored a weekly online presentation of “Stories from the North Fork” featuring videotaped interviews with long-time residents followed by questions from the Zoom audience.
- In response to our survey of members concerning their knowledge and interest in learning online technologies, we presented a 10 session series of technology lessons online from Senior Planet entitled “Virtual Essentials”.
- In May, we held a well-attended Zoom session on Acupressure Self Care presented by Christine Palafox.



In person events included:

- Christmas caroling, masked and socially distanced,
- 14 volunteers delivered homemade valentine cupcakes to 90 members in February,
- A class on cell phone basics
- “Acupressure Self-Care in Uncertain Times” by Christine Palafox,
- a new walking group meeting at the Paonia River Park and
- a Senior Book Club meeting at the Paonia Senior Center.



As long as Covid-19 cases remain at a controllable level, we look forward to more in-person activities and welcome your suggestions and ideas.





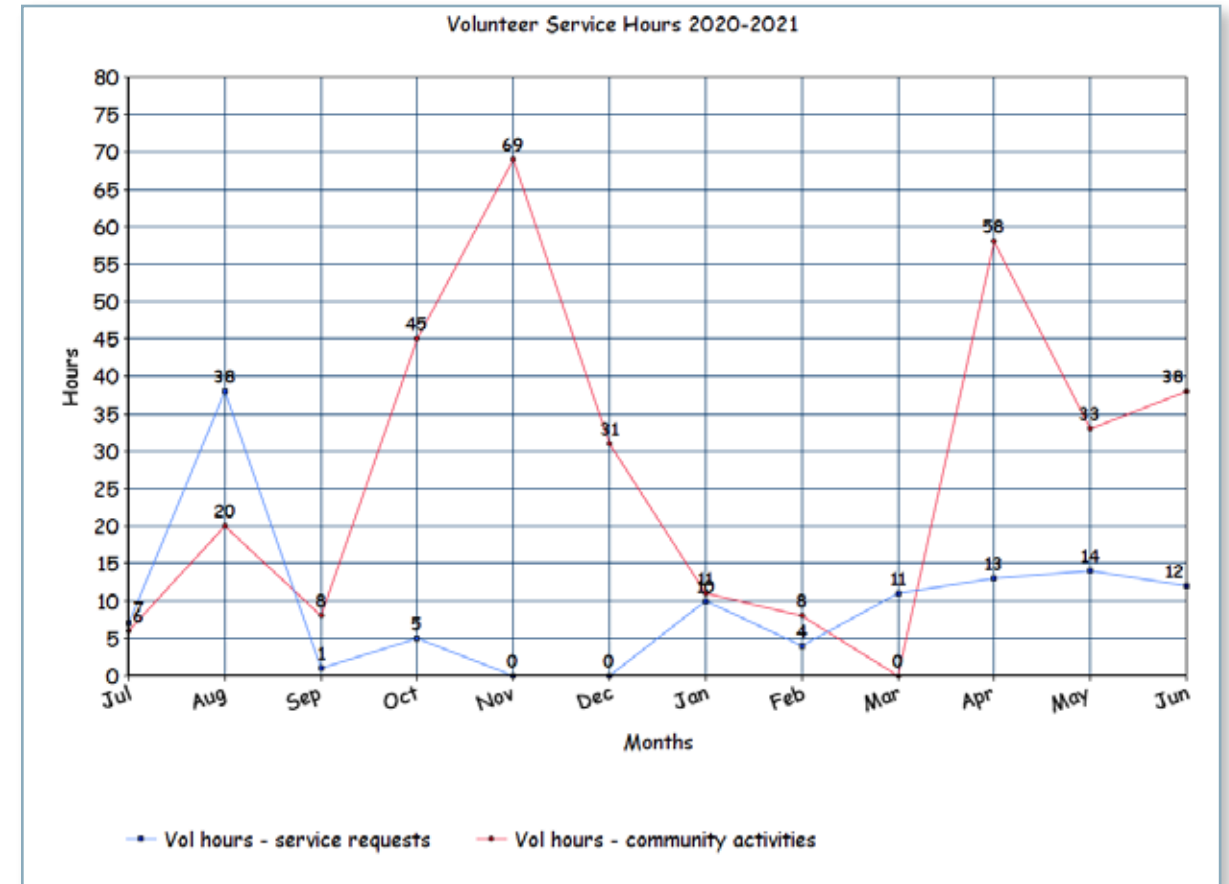
# Volunteer/Service Activities

Over the past year, we had to curtail some of the volunteer services we offered because of the Covid-19 pandemic. Volunteers ran errands and made deliveries including our program providing vegetables from Living Farm and bread from Mountain Oven from June through mid October 2020, but we did not provide transportation for members. We also did not accept service requests for inside jobs – with one exception when a work party, masked and vaccinated, helped clean a member’s rental home after she had moved out. Despite the limitations imposed by the quarantine, we were able to maintain a level of volunteer service comparable with the previous year (1023 reported hours this year versus 954 hours in the previous year) although more of the service was performed as community events rather than for individual members.

The first graph, Service Requests Fulfilled, shows the number of service requests (blue) and the number of volunteer hours in response (red). Community service hours are shown in the second graph (green) and include activities such as snow removal, help with events, deliveries, and work parties outside of Service Saturday. Additional volunteer hours not captured on the graphs include:

- More than 280 hours for Service Saturdays in November and May
- Over 310 Leadership hours from board members.

The Independent Sector, a national membership organization of nonprofits, foundations and corporate giving programs, valued volunteer time in the State of Colorado at \$30.31/hour during 2020. Applied to Senior Connections volunteer time, this represents \$27,582 contributed by our volunteers this past year, a major contribution to the organization and seniors in the North Fork Community. Thank you to everyone who gave their time and effort over the past year. You are the heart of this organization!



## Foundation Grants

We would like to thank our foundation and municipal government partners for their generosity from July 2020 through June 2021: **Western Colorado Community Foundation/West Elk Community Fund, \$1,500; Town of Paonia/CARES Act, \$10,450; American Endowment Foundation/Topper Family Charitable Fund, \$5,000; Rocky Mountain Health Foundation, \$5,000; Anschutz Family Foundation, \$5,000; El Pomar Foundation, \$2,500; NextFifty Initiative, \$9,735 (with fiscal sponsorship graciously provided by Friends of the Paradise Theatre).**

We can't do what we do without your support!

Total All Grants \$39,185

*And we thank our many individual donors whose financial support has been and continues to be essential to our mission.*

