

January 2020



Board of Directors

Randy Campbell, Chair
James Schott, Vice-Chair
Dave Knutson, Treasurer
Betsy Topper, Secretary
Jess Deegan, Member
Jenn Lukesh, Member
Bruce Woodside, Member
Linda McCone, Program Manager



January Birthdays

Happy Birthday to:

Carol Schott – Jan 3	Keith Moore – Jan 25
Dave Knutson – Jan 5	Ben Lehman – Jan 28
John Valentine – Jan 9	
Georgia Finnigan – Jan 10	
Maridell Rose – Jan 18	
Roberta Selk – Jan 22	
Jodi DeGrandchamp – Jan 24	

Calendar

- **Playback Theater with CU Boulder**
Thu., Jan. 9, 10:30 - 11:30 AM at the Paonia/Bowie Museum
- **Soup Night - Potluck Get-together**
Tue., Jan 14, 5 - 7 PM - Paonia Senior Center
- **Embodying Rhythm Marimba Band (listening concert)**
Fri., Jan 17, 7:30 PM - Paradise Theater
- **Embodying Rhythm Marimba Band (dance concert)**
Sat., Jan 18, 7:30 PM - Paradise Theater
- **Reports From the Field: Capturing Coal Mine Methane**
Thu., Jan 23, 6:30 PM - Paonia Library
- **“Stepping On” - Fall Prevention Class**
Wed., Jan 29, 1 - 3 PM, Paonia Library
- **Memoir Writing**
Every Wed., 1:30 - 3 pm, Paonia Senior Center
- **Line Dance Class**
Every Friday, 10 AM, at the Blue Sage
- **Rotary Club of North Fork Valley**
Every Thursday noon, at Paonia Town Hall
- **Senior Lunch**
- Every Monday, Wednesday, Friday - 11 am - 1 pm, Paonia Senior Center
- Every Monday, Wednesday, Friday - 11 am - 1 pm, Hotchkiss Senior Center
- **Valley Organic Lunch Program for Seniors**
Fridays, Jan. 10th & 24th, 12:30 - 2 PM at Old River Road Trading Post, Paonia
- **Tech Cafe**
- Every Wednesday, 4-5 pm, Crawford Library (closed 12/25)
- 1st & 3rd Mondays, 3-4 pm, Hotchkiss Library
- **Caregivers' Support Group**
- 2nd & 4th Wednesdays, 1:30 pm, Hotchkiss Town Hall Council Chambers
- 1st & 3rd Wednesdays, 1:30 pm, Cedaredge Civic Center
- **Knitting and Crochet groups**
- 3rd Saturday, 12-1:30 pm, Paonia Library
- Every other Friday, 10 am, Crawford Library
- 2nd & 4th Thursdays, 10:30 am, Hotchkiss Library

2019 NFSC Holiday Party

There were lots of smiles and good cheer as members and volunteers nearly filled the Blue Sage Curtis Hall for the annual Holiday party.



As usual, Tess Backhus planned a perfect event featuring holiday lights, seasonal greenery with candles as table centerpieces, and Tom Backhus filling the role of bartender. Ellen Hutto prepared the light supper and there was Berg Harvest fudge for dessert.

Randy Campbell, Board chair, introduced the board and program manager and summarized



the launch of North Fork Senior Connections following our separation from “A Little Help”. Lynne Bear received a special gift from NFSC for the Paonia Senior Center and Judy Lafferty was honored as “Volunteer of the Year”. The Madrigal Chorus entertained the group and we all sang along on “Let it Snow”. Thank you to all who helped us with the party and to all who attended.



Soup Night!



Hot soup is perfect for those cold winter nights and a great excuse to gather with your NFSC friends for conversation over a meal at the Paonia Senior Center, 106 Third St., Paonia, Tuesday, January 14th, from 5 to 7 PM. Bring a pot of your favorite soup to share with 6 others (or a salad). NFSC will supply the bread, tea or cider. RSVP by calling Linda at (970) 527-3482 or email: nfseniorconnections@gmail.com Let us know if you'd like a ride. We look forward to seeing you there!!

In Memorium 2019

Margaret "Peggy" Clements (3/1/1914 – 1/13/2019)



Peggy Clements came to Paonia for the "fresh air" and became an integral part of the community. She worshiped at Sacred Heart Catholic Church where she started a study group and joined the Lambert Grange where she won awards for her pies and contributed items made from the pelts of the rabbits she raised. With husband Ken, Peggy became involved with a local theater group where she helped to stage Ken's original melodramas, such as "Life is Ernest". While Ken became part of the unofficial "town council" that met at a local coffee shop, Peggy "adopted" people she met at church, in town and wherever she went – people who became a part of the family who continues to remember her with love. Peggy attributed her longevity to discipline. She went to Mass every day, exercised daily – spending 20 minutes on the treadmill when she could no longer walk outside – and had healthy eating habits, such as her nightly dish of yogurt with flaxseed oil and pineapple. But attitude was also a factor and her "exaggerated sense of humor" along with her belief in the goodness of all God's children were attributes Peggy embodied that will be missed by her family and friends for years to come.

-- Karen Budinger/Linda McCone

Patricia Weller (11/20/1948 – 6/24/2019)

Patricia passed away this summer after suffering a second stroke. She had worked diligently to recover from the first stroke she experienced while in Hawaii visiting her son and his family. She loved going to Hawaii for a few weeks every year. As she had for most of her life, Patricia undertook her recovery with determination and a positive attitude. The disability she suffered due to an accident when she was only 19 years old she overcame with that same determination. Patricia raised her 2 sons in Olathe where she was an active truck farmer for many years. She was influential in the lives of many of her sons' friends who had less guidance at home. She realized her dream to move to Paonia about 15 years ago. Her green thumb and art ability were obvious in her yard on Box Elder street. As she became less able to take care of her yard, her friends say she greatly appreciated the help she got from A Little Help (now North Fork Senior Connections). Her yard was a special place for her. Patricia

was a wonderful artist and created a business called Morning Dove. One aspect she really loved was making jewelry out of polymer clay, the line she called "Goddess with an Attitude!!" She greatly loved spiritual study and gathering with friends of like mind.

-- Phyllis Swackhammer

Frank Flotho (2/16/31 to 9/25/19)

Frank loved to fish and he was good at it. When he left a fishing hole, the other fishermen would come running to take his place. Mostly he released the fish he caught because he didn't like cleaning his catch. Once, his mother-in-law offered to clean the fish Frank caught, but she couldn't keep up with him. Frank was a devout Christian who loved the Lord, his wife Jean, his family and the outdoors. In addition to fishing in high mountain lakes like those on Grand Mesa, Frank climbed Pike's Peak several times. Frank also loved people and "practiced kindness". He worked as a Watkins man selling spices, extracts and other products offered by the well-known company before starting his own businesses, carpet and tile followed by yard care and snow removal. He never got rich but made a lot of people happy – which was the point. He enjoyed being a dad and grandpa, and a friend to those who needed one – helping others when he could. He will be sorely missed.



-- Jean Flotho/Linda McCone

Rema Done (5/6/1929 – 11/11/2019)



Rema Done passed away at her home on November 11, 2019 at the age of 90. A New York native, Rema moved to Paonia from Payson, Arizona in 2014. Rema led a fascinating, original life described in her autobiography, 'The Saga of Rema,' which she wrote over the course of ten years. She will be remembered as thoughtful, kind and fiercely independent. Rema was a lifelong learner and an avid reader – non-fiction only, please! She walked the five blocks from her cozy apartment to the Paonia Library and back almost daily until the last six months of her life, using walking sticks for balance and to give herself an upper body workout. Rema was visited oc-

asionally by a long-haired yellow tabby cat she named 'Fluffy.' She and the cat shared a warm relationship, each respectful of the other's need for independence. As she grew more frail, Rema was increasingly surrounded and supported by the many close friends she'd made. In addition to neighbors, Rema's closest friends included members of a book group to which she belonged and volunteers from A Little Help/North Fork Senior Connections who drove her to the grocery store and soon fell under her spell. Rema's last outing was to a Halloween party at the Paonia Senior Center. She never took off her hat or coat. She simply walked around and hugged everyone in the room, despite the fact that most were strangers to her. We all miss her hugs!

-- Betsy Topper

Fall Prevention Classes

Did you know that one in four Americans over 65 falls every year? That one in five fall results in broken bones or a head injury? Of that every 20 minutes, an older adult dies from a fall? If these statistics worry you, consider joining the free Fall Prevention program presented by North Fork Senior Connections and sponsored by the Region 10 Area Agency on Aging.

"Stepping On" is an evidence-based program that has shown a 30% decrease in fall risk for graduates of the course. The program runs for seven weeks and features guest experts in physical therapy, drugs and interactions that cause fall risk, vision problems associated with falls and community safety. Simple exercises to improve strength and balance will be taught and reinforced through-out and participants will be assessed at the beginning of the program and again at the end so you have a measure of your progress. The first class will meet on **Wednesday, January 29th**, from 1:00 to 3:00 pm at the **Paonia Public Library**. Class size is limited so to reserve your spot, call Linda at 970-527-3482 or email: nfseniorconnections@gmail.com.

Cookie Decoration

Christmas was in the air (and on the floor) at the Paonia preschool when NFSC helped students decorate a sleigh-full of cookies on December 18th.



More frosting ended up on the cookies than on the children and while some of the resulting compositions were masterful, all were delicious! Seniors were treated to a rehearsal of the preschool holiday show at the end and a wonderful time was had by all.



SAVE THE DATE!

Join us on the evening of Thursday, February 6th, from 6 – 7:30 pm for an educational presentation on wills, trusts, POAs, living wills, and what you need to know to protect your loved ones. Julie Huffman, attorney at law, from Clay, Dodson & Huffman, P.C. will summarize the issues and answer your questions at the Paonia Library. Look for more information in January. Co-sponsored by Delta County Libraries.