

Finding Solutions to Help Seniors Age in Place

Happy New Year one and all!

By Bonnie Eisenberg, Board Vice-Chair

Before we turn our attention to the new year, we'd like to thank everyone who helped make 2023 an outstanding year for Senior Connections and for the NF Senior Community in general.

Thank you to the volunteer drivers, leaf rakers, weed pullers, gutter cleaners and snow shovelers for the helping hand you have extended. Thank you to everyone involved in the 2023 CSA for Seniors program which delivered fresh produce to 30 senior households throughout the valley from April through November.

Thank you to everyone who gave their time and expertise to lead our programs and classes, organized social events, produced the newsletter, scheduled speakers, and organized lunches and pot lucks, which were enjoyed by so many. And thank you to the board and staff of North Fork Senior Connections for providing the vision and leadership to make this organization thrive.

We want to especially thank all those who contributed to NFSC on Colorado Gives Day, Dec 5. Your donations make our programs and services possible, and underscore how important Community is to us all. We especially want to send a big thank you, thank you, thank you, to the North Fork Ambulance Auxillary, Western Colorado Community Foundation, the West Elk Community Fund, the Dave and Mary Wood Fund, and a very generous anonymous donor for the support and confidence you have placed in us to continue our work of integrating the senior

community into the life of our beautiful valley.

And a special thanks to Laura Lee Yates for going the extra mile in everything she does.

January's Free Senior Movie

Did you know there is actually a rock musical comedy, released in 1974, called "The Phantom of the Paradise"? Well, this isn't that one.

The Paradise Theater's Executive Director, Michael Cooper, has been busy behind the scenes, securing a source of funding for and making plans to continue the popular series of monthly free movie screenings for seniors. This month's screening is the 2004 version of Andrew Lloyd Webber's romantic musical "The Phantom of the Opera" starring Gerrard Butler and Emmy Rossum. The film, directed by Joel Schumacher, is scheduled for the second Thursday of the month (January 11), at 10:00 AM, and free popcorn and a fountain drink are included.

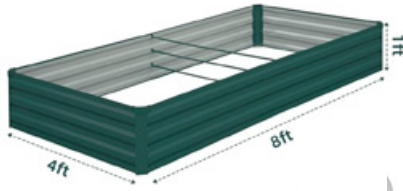


Transportation can be arranged by calling All Points Transit at 874-7334, or by trying out our new Neighborly Rides program. Call (970) 527-1735 to request a free ride!

A big THANK YOU to The Paradise! We look forward to the coming year and the continued opportunity to meet with friends and neighbors at Paonia's very special theater.

Paonia Path of Least Resistance Gardening Class

This year we will be providing a 4x8' green metal raised beds installed at the homes of six participants, complete with organic compost, soil, seeds, fertilizer, drip, and row cover/hoops.



Two sets of classes will run alternating weeks. **Series 1** will feature presentations with Q&A, repeating last year's offerings. **Series 2** classes follow one week later, offering the same topics but focusing on problem solving for anyone with an active ongoing garden. Everyone is welcome to any and all classes.

The January 22 class will pool buying power by placing group orders to Territorial, Johnny's, and High Desert Seeds. You can cut your seed bill up to 90% by ordering portions of packets and paying only that portion.



Holiday Potluck

More than two dozen North Fork seniors gathered to celebrate the holidays with a special festive potluck luncheon held at the Paonia Senior Center on Thursday, December 14th, a collaborative event sponsored by the Center and North Fork Senior Connections volunteers.

There were several hot and hardy soups on offer, fruit salads, specialty dishes, and an ample selection of deliciously decorated baked goods



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Gardening Class Calendar

Series 1 class- presentation, handout, Q&A
Series 2 class- problem solving for ongoing gardens, raised bed project, site visits

All classes Mondays at 1:00

Contact John at paoniagardening@gmail.com
 Info/Handouts paoniagardening.org (soon!)

- Jan 22** Seed Buying Collective- Save money, buy what you need.
- Jan 29** Containers (includes raised beds)
- Feb 5** Containers- emphasis on special considerations for raised beds.
- Feb 12** Paonia Soils Paonia soils, testing, amendments, fertilizing, mulch, getting a garden started
- Feb 19** Soils Emphasis on special considerations for raised beds.
- Feb 26** Watering- watering tactics, conservation, barrels, mulching, drought resistance; drip irrigation
- March 18** Watering- raised beds; assemble drip irrigation installations
- March 25** Pests, Diseases, IPM- Approaches to pests, specific pests found here; methods of control, timing, prevention. Grasshoppers!
- April 1** Pests, Diseases, IPM- small garden, raised bed emphasis
- April 8** Garden Myths & Early Planting, information sources; + early planting tips
- May 6** Growing Tomatoes varieties, types, cultivation, pruning
- May 13** Growing tomatoes & Vertical Gardening in small gardens
- August 12** Harvest, Store, & Pruning for Fall-harvesting tips, short term storage; pruning tomatoes, squash for fall mildew control and to speed up ripening
- August 19** Prepping For Winter Raised bed and small garden emphasis
- (early fall)** Trees

Need a Ride?

Call our special Neighborly Rides number 527.1735—to schedule a free trip within Delta County!

January Birthdays



1/2 Christine Palafox
1/9 John Valentine
1/21 Elena Goldstein
1/27 Laura Lee Yates

Happy Birthday to:

1/5 Dave Knutson
1/17 Sherrion Taylor
1/22 Bobbie Selk
1/27 Lois Doll

January Calendar

What's Happening at the Senior Center in January

Gardening Class 1/21, 1:00 @ Paonia Senior Center- Seed Buying Collective (see p.2)

Gardening Class 1/29, 1:00 - Containers, including raised beds

Here & Now MEDITATION-Meg O'Shaughnessy facilitates this ongoing group at Paonia Senior Center Thursday mornings at a new time: 9:00-10:00. All are welcome.

Book Clubs: Paonia group: TBD Tuesday, January 16 @2pm.

Silver Threads Sewing Club, 2nd & 4th Tuesdays @ Paonia Senior Center at 1:00. All levels/works-in-progress—we're working on a great project! Facilitated by experienced quilter Connie Hodges & friends. Questions? 970.527.3482 or Connie @ 970.216.4457

Paonia River Park Walks every Wednesday 10am. Meet at the gazebo.

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes presented by the North Fork EMS: Paonia Senior Center Tues & Fri 8:45-9:45 or 10-11; Hotchkiss Memorial Hall – Mon & Thurs @9:30; Crawford Town Hall 10-11 Wednesdays plus Advanced classes Tues & Thurs 5:30-6:30 pm

Write Your Life- Memoir for Seniors at Paonia Senior Center on Wednesdays at 1:30. For more info/to join please call the facilitator, Yuri Chicovsky, at 970-314-0303.

Senior Meals- Senior Centers open for VOA Lunch (also Available for Pick-up) M,W & F: Call Debbie at (970) 874 - 7661 for more info or to sign up.

Hotchkiss Senior Center serves hot full meals cooked on the premises Tues and Thurs and a soup lunch on Wed, all at noon. 872.3494

Caregivers' Support Group Thursdays, 1 – 3 pm via Zoom. Contact Gayla Michaud for information at 970.825.6288 or email GAMich76@outlook.com

Coffee Klatch@Paonia Senior Center- 9:30; 1/1, "Undeck the Halls" of the Senior Center; 1/8, John Valentine, Gardening in NF Valley Q&A and the Raised Bed Project; 1/22, TBD

Thursday Lunch- Catered lunches @ Paonia Senior Center- 476 Eatery 1/4; Rio Bravo 1/11; soup and salad potluck 1/18; Sweetgrass 1/25.

North Fork Senior Connections

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Warm Cheer on January 18

Join your fellow seniors for a special potluck on Thursday, January 18, at noon. A joint effort by The Paonia Senior Center and North Fork Senior Connections promises not only a fine feast. Please bring a hearty dish to share.



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for dessert. On hand to provide entertainment was local author and special guest speaker Boyd Boland who delivered a humorous reading cataloging “The Names of Paonia” — a few of which were recognized by older members of the audience. He was followed in turn by the valley’s well-known madrigal singers, blending their voices in a cappella renditions of a lively selection of carols and the music of the season.



Thanks to our generous sponsors:



Thanks to our generous coffee sponsor:
Both Senior Connections and the Paonia Senior Center appreciate their support!

Our thanks to all who participated and contributed to filling the Senior Center with the warmth and holiday spirit of community.

You make Senior Connections work—your time, your effort, your generous contributions.

DONATE TODAY!

NFSC website www.nfseniorconnections.org