

*Finding Solutions to Help Seniors Age in Place*

February 2020



## Soup Night Potluck

It may have been cold and icy outside on January 14th, but inside the Paonia Senior Center, a good crowd sampled a variety of hot soups (along with salad, bread and desserts) contributed by participants. There was also a variety of conversations as old friends got together and made new friends. There was a general agreement to “do this again” – which we will! Join us on **Tuesday, February 18th at 5 pm at the Paonia Senior Center** for another round. Bring soup, salad, bread or dessert to share with 6. NFSC will contribute the dishes, utensils and (non-alcoholic) beverages.

## Social Isolation

A key goal for NFSC is to mitigate social isolation in order to help our older community members to remain at home and age in place. The events we sponsor throughout the year are one way we are tackling this goal, and we need your help to succeed. Our connection to others is what allows us to survive and thrive. Yet, as we age, our children move away, we lose our spouse and friends, and we are more vulnerable to isolation and loneliness. Recent research has shown there are real physical and mental health risks associated with social isolation.

Conversely, elders engaged in meaningful activities with others tend to have a sense of purpose, a positive outlook and tend to live longer.

Maybe you know of an elderly neighbor who never seems to leave his house or apartment. Or an acquaintance living with family or in a senior community, who spends all her time alone in her room. These socially isolated elders are not only lonely, but also at a higher risk for early death or other health risks.

They are more likely to experience serious injury from a fall, to develop dementia or to go without needed supplies or services simply because they no longer drive and are unable to get to the store or their doctor appointment. This is where NFSC volunteers can help by being a connection.

Volunteers can also assist elders who may not live alone but are in an isolating situation. Family caregivers can be just as lonely as the loved ones they care for. NFSC volunteers can provide respite, allowing the caregiver space and time for themselves. Both elders and volunteers are invited to participate in the social and educational events NFSC sponsors every month.

At Senior Connections both members and volunteers for the program have passed a background check, submitted an application and provided references. Volunteer training includes information on some common disabilities that often accompany aging and all applicants pledge to treat volunteers and members alike with dignity and respect. Elders desiring a friendly visitor and volunteers willing to visit should contact Linda at (970) 527-3482 or [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com).

## Wills, Trusts, & Estate Planning

Join us on **Thursday, February 6th, 6 pm to 7:30**, at the **Paonia Library** for a special workshop with Attorney at Law Julie J. Huffman to learn how to protect your estate for you and your loved ones.

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## NEWS

### Board of Directors

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**SAVE PAPER:** Would you rather get the newsletter as a PDF in your email? Send an email to Linda at [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com), or call 970-527-3482 to request change.

## February Birthdays



### Happy Birthday to:

Joyce Chapdelaine – Feb 3  
Janice Thorup – Feb 4  
Marilyn Stone – Feb 10  
Betsy Topper – Feb 16

## Calendar

- **Movies in the Morning at the Paradise**  
Thur., Feb. 6th, 10 am - noon. Movie: "Singin' in the Rain" with Debbie Reynolds & Gene Kelly
- **Wills, Trusts, & Estate Planning Essentials**  
Thur., Feb. 6th, 6 - 7:30 pm, Paonia Library
- **Saturday Silent Movies at the Paradise**  
Sat., Feb. 8th, Noon - 1:30 pm: Harold Lloyd in "Safety Last!" (\$5 suggested donation)
- **Blue Sage Concert Series - "Evolutions of Love" Vocal Duets** Sat., Feb. 15, 7:30 - 9:30 pm
- **Soup Night Potluck Get-Together**  
Tues., Feb. 18th, 5 - 7 pm, Paonia Senior Center
- **Stepping On: Fall Prevention (Class filled)**  
Wed. Jan. 29, 1- 3 pm, Paonia Senior Center; every Wed. thereafter, 1- 3 pm, Paonia Library
- **Memoir Writing**  
Every Wed., 1:30 - 3 pm, Paonia Senior Center
- **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, Feb. 7th & 21st, 12:30 - 2 pm at Old River Road Trading Post, Paonia
- **Tech Cafe**
  - Every Thursday, 11 am - noon, Paonia Library
  - Every Friday, 3:30 - 5 pm, Crawford 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
  - 1st & 3rd Tuesdays, 10:30 am, Hotchkiss Library