

Finding Solutions to Help Seniors Age in Place

February 2021

Stories from the North Fork

Beginning Wednesday, February 10th, 4 pm

*What brought you and your family to the North Fork Valley?
How were you able to find your place in a small community?
What would you miss the most if you were to leave?*



"The Ragged Mountains" - Painting by Lynne Bear

There is a lot to love about living in this little valley on the Western Slope of Colorado, but too often we occupy separate communities within the larger one and don't know the deeper story about our neighbors. Who are we and what brought us here? What do we have in common? What values do we share?

As a part of a new Smithsonian exhibit coming to the Blue Sage Center for the Creative Arts in 2022, "Crossroad: Change in Rural America", North Fork Senior Connections and the Blue Sage are initiating a project to share our stories among community members. The discussion following an interview with a community member gives us the opportunity to share our own story and find those things we have in common. Enlarging our circles of acquaintances enriches our lives and a thriving community needs all kinds of people.

An interview with Lynne Bear will kick off the program on February 10th at 4 pm and different speakers will be featured on successive Wednesdays throughout the winter months. Join us via Zoom for an hour-long conversation about life in the North Fork Valley. Learn about neighbors and what life was like here in the past and share your own mem-



ories in a short interview or as a part of the conversation. The zoom link to the weekly programs will be available at our Facebook pages or websites (see below).

The Blue Sage will be using some of these interviews for its venture to bring these stories to life through the arts, transforming them into works of fiction or creative non-fiction, songs or illustrative photos and paintings. CU Boulder's Playback Theater will add their interpretation of some of the stories when the exhibit comes together in 2022.

North Fork Senior Connections will help with the process of connecting online in these Zoom events. Call us at (970) 527-3482 or send us an email at nfseniorconnections@gmail.com to request assistance in accessing the programs and for more information about sharing your own story.

Join us on February 10th and be a part of the celebration of the richness of life in the North Fork Valley.

Blue Sage Creative Center for the Arts :
(970) 527-7243

Website: <https://bluesage.org/>

Facebook: <https://www.facebook.com/bluesagecenter/>

North Fork Senior Connections: (970) 527-3482

Website: <https://nfseniorconnections.helpfulvillage.com/>

Facebook: <https://www.facebook.com/northforkseniors>

Online Yoga Class

Gentle Therapeutic Movement with Phyllis is a class for those who have some physical challenges and want a safer stretch exercise program. The class is online via Zoom every Tuesday at 9:30 am. To register, visit our website and click on Events (<https://nfseniorconnections.helpfulvillage.com>) Once you are registered, we will send you the zoom link via email prior to the beginning of class. If you are having problems accessing the class or viewing it online, please call Linda at (970) 527-3482.



February 2021



NEWS

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February Birthdays

Happy Birthday to:



Joyce Chapdelaine 2/3	Betsy Topper 2/16
Janice Thorup 2/4	James Schott 2/25
Marilyn Stone 2/10	Paula Martin 2/25
Shelley Schmitzer 2/14	

Calendar

February Senior Movie in the Morning



Arrowhead (1953), starring Charlton Heston, Jack Palance and Katy Jurado is the Senior Movie at the Paradise Theater again this month due to a cancellation in January. Maverick scout Ed Bannon (Charlton Heston) is working with cavalry stationed at Fort Clark, Texas. The US army is trying to talk peace

with the Apaches and move them to reservations in Florida. The movie is free and starts at 10:00 am on February 11th. Only those 60+ can attend, and seating is limited to 25. To make a reservation for a ride to the theatre, call All Points Transit at 970-874-7334.

Gentle Therapeutic Movement with Phyllis

Every Tuesday, 9:30 – 10:30 am on Zoom. Pre-register by the Monday before at: <https://nfseniorconnections.helpfulvillage.com/events>
Facilitated by Phyllis Swackhamer, Kripalu Yoga Instructor since 1986.

Memoir Writing

Every Wednesday, 1:30 – 3 pm – various outdoor locations or online via Zoom. Contact Yuri Chicovsky at yurichicovsky@gmail.com for more information.

Senior Lunch

- Every Monday, Wednesday, Friday – pick up at Paonia Senior Center at noon.
- Every Monday, Wednesday, Friday – pick up at Hotchkiss Senior Center at noon.

Call Debbie at 970-874-7661 for more information or to sign up.

Valley Organic Lunch Program for Seniors

- Every other Friday - Old River Road Trading Post, Paonia – call or text Chrys at 970 - 417-2299 to RSVP by the Wednesday before. Pick up 12:30 to 1:30.

Caregivers' Support Group

- Thursdays, 1 – 3 pm via Zoom. Contact Dr. Jess Deegan for information and to join the conversation either by computer or by phone. Email: drdeeganii@gmail.com or phone: 970-510-0724

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