

Getting the Job Done

For many folks, owning a home is an important part of the American Dream. But nobody warns us about all the upkeep, and how it gets harder as we grow older.

Twice annually, North Fork Senior Connections holds “Service Saturday,” when teams of able-bodied volunteers tackle seasonal chores for senior homeowners. Throughout the year our members also request help with individual tasks beyond their fitness level and/or expertise. Sometimes a volunteer is available to solve the problem—but what happens



Volunteers Jay Simon and Kalia Schevene clean gutters as part of Service Saturday on 11/6/2021

if the job is too big or too skilled? When local senior Bobbie Selk needed someone to chink and stain the logs of her rural home, she hired Crawford handyman Jay Simon. “He’s fantastic—very reliable and quiet,” Bobbie enthuses. “He went above and beyond.”

In 1983 Jay relocated from Tacoma, Washington, to Telluride, where he “made snow” before going into business as a handyman. Though he purchased a home in the North

Fork Valley Jay ended up in Boulder for fifteen years, raising three children and utilizing his skills in drafting and surveying. But in 2018 he settled on Fruitland Mesa, where he enjoys hiking and skiing—and getting the job done for those of us who can’t do it ourselves.

When I asked Jay about his favorite projects, he told me, “Mostly I like working with the people. I enjoy the variety and meeting lots of different folks.”

Master gardener John Valentine is in the process of transforming a stark corner lot in Paonia into a horticultural paradise. When he needed someone to install a custom garden window, John reached out to North Fork Home Improvement, Inc—aka Jay Simon—when no one else was ready or able.

“Jay is versatile,” John reports, “skilled at any job, a very interesting guy to talk to, and reasonably priced. Thumbs way up!”

The Paonia Senior Center is currently undergoing renovation and asked for an estimate from North Fork Home Improvement, which can be reached by phone at 303/437-7755 or by email at simonjay001@gmail.com. Jay offers a discount to seniors on a limited income. He’s on North Fork’s Senior Connections’ list of preferred providers. If you’ve found a reliable person with useful expertise—whether for household maintenance, construction, in-home healthcare, landscaping, technology assistance, cleaning help, or any other skill that helps seniors age in place—please let us know, or have them contact us.

Join the Fun: On January 25, Paonia Players’ director Merrily Talbott held a lively meeting at the Paonia Senior Center to brainstorm for the “Senior Follies,” an upcoming musical comedy revue featuring performers over-60. Help is also needed “behind the scenes,” so don’t hesitate: email paoniaplayers@gmail.com!

February 2022



NEWS

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February Birthdays



Happy Birthday to:

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

Covid Update: Covid cases and hospitalizations continue to rise locally. Delta County's positivity rate is described as "outrageously high at 21.2 %." The Delta County Dashboard strongly recommends that "Coloradans should

wear a mask in indoor public spaces, limit large gatherings, wash their hands frequently and practice physical distancing." We're all in this together, regardless of political affiliation. Even if YOU feel safe, PLEASE protect the vulnerable in our community.

Calendar

What's Happening in the North Fork Valley in February

Monday Morning Coffee Klatch—Join us at the Paonia Senior Center every Monday at 9:30, for coffee, tea, and lively conversation!

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes presented by the North Fork EMS:

Paonia Senior Center – Tues & Fri at 10-11am
Hotchkiss Memorial Hall – Mon & Thurs, 10 am
Crawford Town Hall (Advanced) Tues & Thurs
5:30-6:30 pm

Aging Creatively! Thursday programs have resumed (at Paonia Senior Center except for film) 2/3—Healthy Steps with Liz Bucy; 2/10—Senior Movie @ the Paradise: "Casablanca"; 2/17—Art; 2/24—Game Day. Activities begin at 10:00.

Paonia Walkers will explore dry level ground above

Eagle Rock in Hotchkiss, Wednesdays @ noon. Call 527-3482 for details

Book Club for Seniors – 2/21 @ 1:30 pm Paonia Senior Center. This month's choice is "Emma" by Jane Austen, with discussion followed by the film "Clueless"

Write Your Life— on hiatus through 3/2.

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

Caregivers' Support Group Thursdays, 1 – 3 pm via Zoom. Contact Dr. Jess Deegan for information at 970-510-0724 or drdeeganji@gmail.com

Historian Todd Weber offers 4 fascinating FREE 1-hour presentations about the LEWIS & CLARK EXPEDITION, all 2pm at the Blue Sage, 2/22 thru 2/25. For more info call 527-7243

Want to try "Zumba for Seniors?" Merrily Talbott will offer free introductory classes at 10AM on 2/7 & 2/9 @Paonia Senior Center.