

Finding Solutions to Help Seniors Age in Place

## Free Online Technology Classes

### NF Senior Connections Presents Free Online Technology Classes

Mondays and Wednesdays, March 8 – April 7 at 10:30 am via Zoom



North Fork Senior Connections (NFSC) and Region 10 are launching Virtual Essentials, a new program to help older adults in Delta County learn new skills, save money, get in shape and make new friends. In partnership with Senior Planet,



a national nonprofit that harnesses technology to change the way older Americans age, NFSC will be offering classes and workshops about technology, health and wellness and socialization.

During Covid-19, older adults across the country are participating in online classes more than ever before. The Virtual Essentials 5 week series (2 sessions every week) was developed by Senior Planet with input from seniors across the country. The hour long classes are free and accessible through Zoom. Courses include the following sessions:

- All Things Zoom
- Protecting Your Personal Information Online
- Online Shopping
- Online Health Resources
- Telemedicine
- Mindfulness Apps
- Introduction to Social Media
- How To Spot Fake News
- Messaging Apps
- Drones

To learn more or register for upcoming classes,

call (970) 527-3482 or visit <https://nfseniorconnections.helpfulvillage.com/events/100> If you have never used Zoom, North Fork Senior Connections can help you to get connected with your computer and WiFi, a tablet or a smart phone.

### Covid-19 Vaccinations



The state of Colorado has extended vaccinations to people 65 and older, teachers, essential frontline workers, and people with high-risk health conditions in addition

to those age 70+ and health care workers. In Delta county, vaccinations can be scheduled through the Delta County Health Dept: <https://www.deltacounty.com/688/Coronavirus-19-COVID-19> or call (970) 874-2172. Vaccinations can also be scheduled at City Market Pharmacies in Hotchkiss or Delta <https://www.citymarket.com/rx/guest/get-vaccinated> or Safeway pharmacy <https://www.mhealthappointments.com/covidappt>.

### Valentine Cupcakes a Welcome Treat



NFSC volunteers came out in force to help brighten the day for 90 of our members on February 13th. Cupcakes baked and decorated by Kathy Edwards with help from Linda McCone were picked

up and delivered across the North Fork Valley by 14 of our amazing volunteers. Thank you to everyone!

### Help NFSC Stay Connected in the Community – Donate Today!



Thank you to everyone who has donated time and money to our organization. We cannot exist without your generosity. If you don't need your COVID relief

check, please consider donating to NFSC. Donate online at: <https://nfseniorconnections.helpfulvillage.com/> or by mail to NFSC, PO Box 1738, Paoonia, CO 81428. Thank you!!

March 2021



NEWS

### Board of Directors

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### March Birthdays

John Zachman – 3/2 Julie Sapena – 3/12  
Laura Major – 3/26 Jill Knutson – 3/31

#### Awards.

The movie is free and starts at 10:00 am on Thursday, March 11th. Only those 60+ can attend. To make a reservation for a ride to the theatre, call All Points Transit at 970-874-7334.

#### Gentle Therapeutic Movement w Phyllis

Every Tuesday, 9:30 – 10:30 am on Zoom. Sign up at <https://nfseniorconnections.helpfulvillage.com/events>

#### Memoir Writing

Wednesdays at 1:30. Contact Yuri Chicovsky at [yurichicovsky@gmail.com](mailto:yurichicovsky@gmail.com) for more information

Senior Lunch – call Debbie at 970-874-7661 for more information or to sign up. Mon, Wed & Fri pick-up at noon – Paonia & Hotchkiss Sr Centers  
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.

#### Caregivers' Support Group

Thursdays, 1 – 3 pm via Zoom. Contact Dr. Jess Deegan for information at 970-510-0724 or [drdeeganii@gmail.com](mailto:drdeeganii@gmail.com)

## Calendar

### Stories from the North Fork

Wednesdays, through March at 4 pm  
Find out more about your community and neighbors in these delightful and informative Zoom interviews with local residents. You can find the Zoom link on our website: <https://nfseniorconnections.helpfulvillage.com/> or facebook page: <https://www.facebook.com/northforkseniors>

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](mailto:nfseniorconnections@gmail.com) to request assistance in accessing the programs and for more information about sharing your own story.

### Senior Planet Virtual Essentials Series

Mondays and Wednesdays beginning March 8th, 10:30 am via Zoom. See article for details.

### Senior Movie on March 11th

The Senior Movie for March is “It Happened One Night” starring Clark Gable and Claudette Colbert. The 1934 film is widely hailed one of the greatest films ever made winning all 5 major Academy

### In Memorium

This past month, NFSC and Paonia lost two valued members of the community, Bill Bishop passed away on Feb 12th and Glenna Sieracki on Feb 15th. Please extend your thoughts and prayers to their families and friends. Both will be sorely missed.