

## Wills, Trusts, & Estate Planning



What is necessary to grant authority to another person for legal decisions? Is a trust the best way to avoid probate? If I get divorced, does my ex-spouse still have the right to inherit my property? How can I let medical personnel know I don't want to be resuscitated?

Julie Huffman, attorney at law, expertly delivered the answers to these and many other questions during her presentation on February 6th at the Paonia Library. Participants learned about Living Wills, Power of Attorney, Trusts and Deeds during the 90-minute talk co-sponsored by NFSC and Delta County Libraries. Colorado laws on these issues are different from laws in several other states and some in the audience were surprised by the differences.

Ms. Huffman has agreed to return for another session scheduled for Tuesday, April 28, 6:30 to 8 pm at Memorial Hall in Hotchkiss. **Save the Date!** This is a presentation you won't want to miss.

## Death Cafe in Hotchkiss

Psychologists say that one of the best ways to reduce the fear of death is to talk about it. Unfortunately, talking freely about death has been taboo in western industrialized countries like ours. Many of us, particularly as we age, have ideas, questions and experiences with death that we rarely if ever get a chance to talk about with other like-minded adults. The Death Café, to be held at The Creamery Arts Center in Hotchkiss, March 19th., 6 - 8 pm is the chance to do so. Guidelines include: speaking from the heart, listening fully, and respecting the differences of beliefs, opinions and experiences of others. Cake and cookies will be available. This two-hour event is free and open to all. For more information contact Linda at (970) 527-3482 or email [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com)



## Soup Night Potluck

The second Soup Night Potluck on February 18th brought in a few new folks along with those of us returning after the first event, which looks as if it could become a new North Fork "winter month" institution. As we saw in January, there was plenty of good food and conversation. Join us on Tuesday, March 24th at 5:30 pm at Edesia Kitchens, 395 Clark St., to continue the tradition. Bring soup, salad, bread or (especially) dessert to share with 6. NFSC will contribute the dishes, utensils and (non-alcoholic) beverages. We hope to see you there!

## Fall Prevention: Next Session

**Sign up early** for the next session of Stepping On: Fall Prevention beginning Monday, April 6th, 1:15 to 3:15 pm at the Paonia Senior Center. Find out from local experts how you can decrease your risk of falling and learn exercises to improve your strength and balance. The class is free but limited to the first 10 people who **pre-register** with Linda at (970) 527-3482 or via email (below).

*North Fork Senior Connections is seeking candidates to be on the Board of Directors. If you have a passion for helping the senior citizens of the North Fork Valley age gracefully, please call or email Senior Connections at 527-3482, [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com).*

March 2020



NEWS

## Board of Directors

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## March Birthdays

### Happy Birthday to:

Julie Sapena – March 12

Jill Knutson – March 31

## Calendar

- **Movies in the Morning at the Paradise**
  - Thurs. March 5th, 10 am to noon – “Maverick”
- **Saturday Silent Movie at the Paradise**
  - Sat, Mar 7th, 11 am – 1:00 pm - Paradise Theater – Charlie Chaplin’s “The Gold Rush” (1925)
- **Blue Sage Concert Series – New Morse Code Cello & Percussion Duo**
  - Saturday, March 14th, 7:30 PM - Curtis Hall
- **Soup Night - Potluck Get-Together**
  - Tuesday, Mar. 24th, 5:30 - 7:00 - **NEW LOCATION:** Edesia Kitchens, 395 Clark Avenue, Paonia
- **Death Cafe -**
  - Thursday, March 19th, 6 to 8 pm at the Creamery Arts Center in Hotchkiss
- **Line Dancing**
  - Every Fri., 10 am at the Blue Sage
- **Memoir Writing**
  - Every Wed., 1:30 - 3 pm, Paonia Senior Center
- **Stepping On: Fall Prevention Classes**
  - Monday, April 6th, 1:15 - 3:15 pm, Paonia Senior Center, then every Monday through May 18th
  - Pre-registration is required!**
- **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, Mar. 6th & 20th, 12:30 - 2 pm, at Old River Road Trading Post, Paonia
- **Tech Café**
  - Thursdays, 11 am - noon, Paonia Library
  - Fridays, 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
- **Rotary Club of North Fork Valley**
  - Every Thursday noon, at Paonia Town Hall
- **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