

Agency Relief



Fifteen NFSC members and friends gathered on Wednesday evening, September 25th, at the Paonia Library to get an overview of services available to seniors from Region 10's Eva Veitch, the agency's Community Living Services Director. Her talk, entitled "It doesn't matter to you until it matters to you," centered on a recent survey of seniors in five counties the agency serves that yielded some surprising results. The study identified four core issues: transportation, in-home services, caregiver respite, and affordable housing. It revealed that the fastest growing segment of the population is the 85 and older age group, and in Delta County, one third of seniors over 60 are living in poverty. One telling example of their concerns was that of a cancer patient paying \$14,000 per month for medications, depleting all her savings. When connected with the right resources through Region 10, she was able to get her cost for the same drugs down to \$8. Legal services, medicare prescription cost reduction planning, caregiver respite, basic in-home services up to five hours a month, counseling, personal care, nutrition and health/wellness advice, and case management are just a few of the areas where Region 10 can help. To sign up, visit: <https://www.region10.net/aaa> or give Eva a call at (970) 249-2436, ext. 207.

Movies in the Morning

A small but enthusiastic group helped the Paradise kick off its "Movies in the Morning" series with a classic western, "The Command", starring Guy Madison, galloping horses, covered wagons, Indian attacks, and members of the cavalry wearing dresses and bonnets for disguise.



Join your friends and neighbors on the 2nd Thursday in October, 10/10, at 10 am for another blast from the past, Billy Wilder's classic comedy, "Some Like It Hot" starring Marilyn Monroe, Tony Curtis and Jack Lemmon. All Points Transit is available for transportation to and from the theater - call them at (970) 249-0128 to reserve your

spot on the bus. Or call NF Senior Connections at (970)-527-3482 to request a ride. Hope to see you there!

Service Saturday

Save the Date! November 2nd is Saturday Service Day. North Fork Senior Connections volunteers, along with service groups in the community, team up to help members prepare for the change in season. Do you need help raking leaves, washing windows, storing the swamp cooler or cleaning gutters? Or, do you want to join the team to help members with these chores? Call Linda at 970-526-3482 or email us at: nfseniorconnections@gmail.com to sign up! Spend the morning helping your neighbors and we'll treat you to a pizza lunch afterwards.

Halloween Party!



Wednesday, October 30th, NFSC Halloween party! Join us at the Haunted House (Paonia Senior Center, 106 Third St.) from 1 to 3 pm for a spooky good time! There will be friends, games, treats, and maybe a visit from some little ghosts and goblins out for an early trick or treat!

October 2019



NEWS

Board of Directors

Randy Campbell, Chair
James Schott, Vice-Chair
Dave Knutson, Treasurer
Betsy Topper, Secretary
Jess Deegan, Member
Jenn Lukesh, Member
Bruce Woodside, Member
Linda McCone, Ex Officio

October Birthdays



Happy Birthday to:

Tom Backhus - 10/1	Jess Deegan - 10/19
Bob Sapena - 10/2	Cheryl Irwin - 10/25
Linda Wright - 10/4	Linda McCone - 10/26
Susan Hicks - 10/9	Diana Yourell - 10/27
Glenna Sieracki - 10/15	Pam Porter - 10/29
Jenn Lukesh - 10/16	

Calendar

- **Movies in the Morning**
Thu., October 10 - 10 am - noon, Paradise Theater
- **Blue Sage Concert Series: Duos for Piano & Violin**
Saturday, October 5th, 7:30 - 9:30 pm
- **Halloween Party at the Paonia Senior Center**
Wed., Oct. 30th, 1 - 3 pm
- **SAVE THE DATE! Saturday Service Day**
November 2nd, 8:30 am - Noon
- **Memoir Writing**
Every Wed., 1:30 - 3 pm, Paonia Senior Center
- **Tech Cafe**
 - Every Wednesday, 2-3 pm, Paonia Library
 - Every Wednesday, 4-5 pm, Crawford Library
 - 1st & 3rd Mondays, 3-4 pm, Hotchkiss Library
- **Rotary Club of North Fork Valley**
Every Thursday noon, at Paonia Town Hall
- **Senior Lunch**
 - Every Mon., Wed., Fri., 11 am - 1 pm, Paonia Senior Center
 - Every Monday, Wednesday, Friday 11 am to 1 pm, Hotchkiss Senior Center
- **Valley Organic Lunch Program for Seniors**
Fridays, Oct. 4th & 25th, 12:30 - 2 pm at The Old River Trading Post, Paonia
- **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
 - 2nd & 4th Thursdays, 10:30 am, Hotchkiss Library

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.