

Finding Solutions to Help Seniors Age in Place

Spotlight on Volunteers – Bob McHugh

Meet new volunteer Bob McHugh. Although he's not the Bob McHugh who graduated from Paonia High School in the 1950's, Bob (age 82) has lived in Paonia since 1997 and is known around the area as an architect of note and for his interest in historic preservation. Bob is supportive of NFSC's mission to help seniors to age in place, having researched and designed age-friendly homes, including his own.



Since last November, Bob has had an impact on the town of Paonia as a new volunteer to North Fork Senior Connections. When asked about his reasons for joining, Bob allowed that he himself was a senior and likened his actions to a saying his late brother had regarding funerals – “if you don't participate, no one will come to yours.”

Despite the season and the presence of Covid, Bob has been pretty active as a NFSC volunteer in the 5 months since he joined. He has worked with a group to clean a new member's house following a move, helped with gutter clearing in the Fall, shoveled snow several times this winter and joined the caroling group before Christmas. His prior community participation has included Blue Sage Center for the Arts, Rotary and Paonia Chamber of Commerce along with years of volunteer activities in Steamboat Springs. He is also known for his presentations on historic preservation, American barns (including a tour of local barns), and Machu Picchu.

When you see Bob at NFSC events and around town, take some time to get to know him. You can learn a lot!

Covid-19 Vaccinations

The state of Colorado has extended vaccinations to people 50 and older, teachers, essential frontline workers, Grocery & Ag workers, Correctional officers & funeral home staff and people with high-risk health conditions. 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/covidapt>.



Senior Movie on April 8th:



The Senior Movie for April is Easter Parade starring Judy Garland and Fred Astaire. “In this lavish musical, Broadway star Don Hewes’ (Fred Astaire) dancing partner (Ann Miller) goes solo, and Don declares that he can make a hit performer out of the next dancer he sees. This turns out to be the inexperienced Hannah (Judy Garland), who bristles as Don tries to make her into his old partner. But as he realizes that he is falling in love with Hannah, Don knows that he must let her grow into her own kind of dancer if he wants her to reach her full potential.”

The movie is free and starts at 10:00 am on Thursday, April 8th. Only those 60+ can attend. To make a reservation for a ride to the theatre, call All Points Transit at 970-874-7334.

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, Paonia, CO 81428. Thank you!!



April 2021



NEWS

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April Birthdays



Happy Birthday to:

Debbie Kimball – 4/5	Marion Stewart – 4/5
Bruce Woodside – 4/10	Sharon Campbell – 4/17
Lynn Mattingly – 4/21	Jackie Slater – 4/22
Liz Bucy – 4/23	Phyllis Swackhamer – 4/23
Jan Simmons – 4/28	Kathy Thompson – 4/28

Meet our funding partner - Rocky Mountain Health Foundation

Have you heard that NFSC has received a \$ 5,000 grant from the Rocky Mountain Health Foundation this year? These funds will be used to support our operating expenses and will directly help us to continue our work to help seniors in the North Fork Valley to age in place.

Rocky Mountain Health Foundation (RMHF) is a conversion foundation created following the sale of Rocky

Mountain Health Plans to United Healthcare. With \$50 million in assets, the Foundation is a permanent and regional funding resource whose mission is to improve the overall health of communities within the 22 counties in Western Colorado. RMHF addresses some of the Western Slope's most pressing health needs, including access to healthcare, hunger, transportation to/from medical treatments, and integrated behavioral health. More information can be found at <http://rm-health.org/>

Calendar

Senior Planet Virtual Essentials Series

Monday, 4/5 & Wednesday, 4/7 at 10:30 am via Zoom. Call (970) 527-3482 or email nfseniorconnections@gmail.com for more information.

Senior Movie on April 8th

Thursday, April 8th at 10:00 am. See article for details. 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. Pre-register by the Monday before at <https://nf->

seniorconnections.helpfulvillage.com/events

Memoir Writing

Wednesdays at 1:30. Contact Yuri Chicovsky at 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

On hold due to Chrys Bailey's hand injury.

Caregivers' Support Group

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