

Finding Solutions to Help Seniors Age in Place

Prevention Is The Best Medicine

In December Rolling Stones guitarist Keith Richards turns 80, so he knows a bit about aging. "Getting old is a fascinating thing," he observed. "The older you get, the older you want to get!"

But we want to be healthy—and that takes effort. As our Director at North Fork Senior Connections and a North Fork EMS first-responder, Medina Ryan is passionate about preventative medicine in all its forms. That's why she's spearheading the **North Fork Health & Wellness Expo**, a joint effort of the two organizations and others, that will take place at **Heritage Hall in Hotchkiss on Saturday, April 29th, from 10-3.**

This **FREE** multi-generational event features knowledgeable speakers, including Dr. Ryan Marlin on Sleep Apnea and occupational therapist Marla True Carlson on Falls Assessment, more than 35 vendors, plus classes and demos including basic first aid, hands-only CPR, and fun exercise appropriate for aging adults. Besides all the education and inspiration, you'll be eligible for great giveaways, with food trucks to keep up your strength. Be pro-active!

Move It or Lose It: North Fork EMS began providing SAIL classes (Stay Active & Independent for Life) in September of 2021. SAIL meets the highest-level criteria as an Evidence-Based Program by the Administration on Aging—but the real proof is the improvement in balance, strength, flexibility, and aerobic condition of the participants. You can try it out at the Health and Wellness Expo!

You make Senior Connections work - your time, your effort, your generous contributions.

DONATE TODAY



Spring Days of Service May 5 & 6

If you're a Valley elder who needs help with seasonal chores -- perhaps installing your swamp cooler, light pruning, preparing flowerbeds, or setting out patio furniture -- the great volunteers at North Fork Senior Connections can help.

As we did last fall, we're dividing the work up into two sessions in the hopes of involving more of our teens on the Friday afternoon before our regular Saturday event, but all our welcome on either day -- or both. Invite friends & family.

If you want to spend a morning that will make spring and summer easier for older adults, reach out to us -- the effort is fun, satisfying, and gives you the "good-neighbor-feeling" that reminds us why we love the North Fork Valley. It's a great family activity -- and includes pizza!

Please sign up ASAP for assistance from a crew of adults and students by calling us at (970) 527-3482, or email us at nfseniorconnections@gmail.com.

April's Free Senior Movie



Many of us "older adults" grew up reading Louisa May Alcott's classic *Little Women*, set on the homefront during the Civil War.

Tomboy writers among us wanted to be Jo March, but a 26-year-old Katherine Hepburn provides the passionately-rebellious performance in George Cukor's

1933 film, which also stars Frances Dee as older sister Meg, Jean Parker as the sweet invalid Beth, and Joan Bennett as selfish Amy.

The Paradise Theater offers the film free to seniors on April 13 starting at 10am, with a free popcorn and fountain drink included. All Points Transit can provide a ride if you call them in advance at 970.874.7334. The Senior Center will not be offering lunch afterward this month, so make your plans accordingly.

A Woman At Any Age: A playful look at healthy sensuality

On Monday, April 10, at 2:00, we invite all senior or women to join us at the Paonia Senior Center for a look at who we are now.

Time and gravity are forces of nature -- and so are we. With humor and respect, facilitator Carolyn Ringo will lead participants through an investigation of being a "woman of a certain age." Music, nature, and healthy self-appreciation of our aging bodies lifts our spirits and help us navigate the elder journey with grace.



Carolyn Ringo is passionate about working with elder women to maintain healthy self-appreciation. She is the co-leader of the outdoor exploration "Women's Wild Soul Quest." If you have questions, don't hesitate to call North Fork Senior Connections at (970) 527-3482.

Thanks to our generous sponsors:



Thanks to our generous coffee sponsor: Both Senior Connections and the Paonia Senior Center appreciate their support!

Great news: One of our members, Judy Briscoe, just donated a freezer to Senior Connections, which we plan to fill with a side of beef from an anonymous donor!

Let's Get Together & SEW!

Needles & Threads Quilting Club

2nd Tuesdays

@ Paonia Senior Center

Starts Tuesday, 4/11 @ 2:00

All levels/works-in-progress/

UFOs welcome



Facilitated by experienced quilter

Connie Hodges & friends

Questions? 970.527.3482 or Connie @ 970.216.4457



To combat food insecurity, 30 seniors will be receiving weekly deliveries of fresh locally grown produce, courtesy of The Living Farm and NFSC, for 30 weeks beginning on the twenty-eighth of this month. We are very pleased and grateful to be able to continue to expand this program, building on its past success. Thanks are owed to all of our returning delivery team volunteers and to the generous donors who are contributing to our ability to serve more members.

And you can become part of that team. This year we are offering the opportunity to make a donation specifically directed to this effort. Write a check to sponsor nutritious food for a senior in need. \$120 will cover weekly deliveries for 10 weeks; \$360 will cover the costs for the entire 30-week season. Your tax-deductible donations payable to North Fork Senior Connections are greatly appreciated. Questions about the program, or to donate or volunteer? Call (970) 527-3482.

NORTH FORK HEALTH & WELLNESS EXPO

Saturday, April 29th 10am - 3pm
HERITAGE HALL IN HOTCHKISS

SPEAKERS IN HEALTH-RELATED FIELDS

Including ⇒ Dr. Marlin on Sleep Apnea ⇒ Marla True-Carlson on Falls Assessment

FOOD TRUCKS

CLASSES & DEMOS

Including ⇒ Active Bystander ⇒ First Aid ⇒ Senior Balance/Exercise ⇒ Hands Only CPR

35+ VENDORS

GIVEAWAYS

April Birthdays

- Marion Stewart 4/5
- Bruce Woodside 4/10
- Joany Hunt 4/16
- Haron Campbell 4/17
- Linda Talbott 4/19



- Lynn Mattingly 4/21
- Jackie Slater 4/ 22
- Jan Simmons 4/28
- Kathy Thompson 4/28

POSTPONED

due to instructor illness:
2023 Spring Class Schedule for Gardening in the North Fork Valley with Master Gardener John Valentine:
Thursdays @ 1:30.
John's Friday Digital Images series will also be postponed.

All of us at NFSC wish John a speedy recovery.

North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428



April
2023

Board of Directors

Bruce Woodside, Chair

Bonnie Eisenberg,
Vice Chair

Jenn Lukesh, Treasurer

Betsy Topper, Secretary

Marsha Brezonick, Member

Brad Thacker, Member

Medeina Ryan, Director

Laura Lee Yates,
Communication Specialist

Calendar

What's happening in the Valley in April

POTLUCK! We'll bring the **TURKEY!** Tuesday, April 18 @ noon at the Paonia Senior Center. Please bring salads/veggies/dessert. Let's think healthy! (Remember, no oven except for microwave.) **GAMES TO FOLLOW:** we'll set up for lively boardgames & cards.

Here & Now Meditation - Meg O'Shaughnessy facilitates this ongoing group at Paonia Senior Center Thursday Mornings. No meeting April 13, then **NEW TIME:** 8:30 - 9:30. All are welcome.

Stay Active and Independent for Life Exercise and fall prevention classes presented by the North Fork EMS: Paonia Senior Center, Tues 9:30 - 10:30 or 10:45 - 11:45 with Medeina; Friday 8:30-9:30 or 10-11 with Anne. **Hotchkiss Memorial Hall** - Mon & Thurs@9:30. **Crawford Town Hall:** 10-11 Wednesdays, plus Advanced classes Tues & Thurs 5:30-6:30 pm.

Book Club for Seniors - Monday, April 17, we'll discuss books dealing with the continent of Africa, people and place, fiction or nonfiction. Paonia Senior Center at 1:30.

Cribbage & Coffee - Wednesday, April 19th, 12 - 2 at **Crawford Town Hall.**

Printed by High Country Printing and Graphics
Print production by John Valentine

Hotchkiss Senior Center now serves hot full meals cooked on the premises Tues and Thurs and a soup lunch on Wed, all at noon! 872.3494

Coffee Klatches at Paonia Senior Center: On hiatus until Monday, 4/24, at 9:30. Guest speaker will be Wendell Koontz, County Commissioner.

Thursday Lunches fresh and locally-sourced, at Paonia Senior Center: **On hiatus until 4/27**, when Chrys Bailey presents a fabulous catered meal at noon for \$5. This special luncheon honors those who've reached their 90s! Nonagenarians please sign up soon—others must wait until 4/21 to register. Call 970/527-3435 or email scmspaonia@gmail.com

Write Your Life- Memoir for Seniors at Paonia Senior Center on Wednesdays at 1:30. For more info/to join please call the facilitator, Yuri Chicovsky, at 970-314-0303.

Senior Meals- Senior Centers open for VOA 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 Gayla Michaud for information at 970.825.6288 or email GAMich76@outlook.com

Reservoir Walks: Thursday mornings @ 10 am, starting April 20 at Crawford State Park. *Weather permitting.*

Frisbee Golf - Wednesdays, April 12 & 26, 1:30 pm, at Hotchkiss Fairgrounds. Led by John Coldiron. *Weather permitting.*