

Finding Solutions to Help Seniors Age in Place

Service Saturday May 15th

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Spring is here and it is time to hook up the swamp cooler, clean out the gutters and clear out the flower beds. Many of our seniors in the North Fork Valley need some assistance with these seasonal chores inspiring a morning of service we call Service Saturday!



This year, volunteers will gather in Paonia Town Park at 8:30 am on Saturday, May 15th. We will divide up into smaller teams to take on the seasonal chores at 2 or 3 senior households in Paonia, Hotchkiss and Crawford. Although we have some tools and supplies, you might want to bring a rake (clearly marked with your name!) and garden gloves. We will meet back in the park at noon for a picnic lunch and a chance to swap stories. We're also looking for seniors who can use the help. NFSC will scout the households to estimate the number of volunteers and amount of time needed. Please contact Linda at 970-527-3482 or nfseniorconnections@gmail.com for more information on volunteering or if you need help with outside chores.

NFSC Volunteers Willing to Pick Up Prescriptions in Hotchkiss

With Hays Drug Store in Paonia closing and prescriptions transferred to the City Market Pharmacy in Hotchkiss, many people are wondering how they are going to get their medications. NFSC volunteers may be willing to help. If you need someone to pick up your prescriptions, give Linda a call at (970) 527-3482. If you are willing to pick up medications for someone, call Linda or email her at nfseniorconnections@gmail.com

Cell Phone Basics – May 12th at 2:30 Polis Park

With all the new gadgets and technology available now, some seniors feel a little left behind. We may want to ignore the internet and feel that Zoom is a poor substitute for meeting with others in person, but these changes are here to stay. One technological advance that has become a mainstay of life in 2021 is the cell phone. Cell phones are now more convenient than a land line in many ways but they have also become more complicated. With all the new apps that can provide directions, play music or connect with your hearing aids, it's almost too much to keep track of.



North Fork Senior Connections is offering an hour long session in basic cell phone use for Seniors on May 12th at 2:30 pm in Polis Park in Paonia. Bring your phone and your questions and we will endeavor to get you started in using and appreciating some of the conveniences of the cell phone. For more information or to sign up for the class, call Linda at (970) 527-3482

Senior Movie on May 13th:



May's Senior Movie at the Paradise is "The Thomas Crown Affair" (1968) starring Steve McQueen and Faye Dunaway. "Bored millionaire Thomas Crown (Steve McQueen) concocts and executes a brilliant scheme to rob a bank without having to do any of the work himself. When Vicki Anderson (Faye Dunaway), an investigator for the bank's insurance company, takes an interest in Crown, the two begin a complicated cat-and-mouse game with a romantic undertone. In an attempt to decipher Anderson's agenda, Crown devises another robbery like his first, wondering if he can get away with the same crime twice."

The movie is free and starts at 10:00 am on Thursday, May 13th. Only those 60+ can attend. To make a reservation for a ride to the theatre, call All Points Transit at 970-874-7334.

May 2021



NEWS

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May Birthdays



Happy Birthday to:

Michael Edson – 5/6
Jeanette Gerry – 5/9
Linc Vannah – 5/15
John Archer – 5/20
Rita Murphy – 5/31

Jim Turner – 5/6
Paul Schirmer – 5/11
Lindi Mereness – 5/15
Prema Rose – 5/28

ACUPRESSURE - SELF CARE FOR UNCERTAIN TIMES

– May 13th at 10 am

Acupressure, an ancient Japanese healing art, can provide relief for the symptoms of stress. The technique involves physical pressure at potent points located along energy pathways inside the body, like acupuncture, except one's own fingertips are used instead of needles.

Theresa D. Hernández, a neurology professor at the University of Colorado, has shown that acupressure improves the brain's memory and attention, its efficient functioning, as well as reducing stress, increasing resiliency, and enhancing relaxation.

Her acupressure self-care website, ITEA Plus (Individualized Training and Education in Acupressure <http://www.iteaplus.com>), is offered for free. The website features short but effective training videos to help learners to relax, slow and deepen their breathing.

North Fork Senior Connections will be offering an introductory training over Zoom on Thursday, May 13th at 10 am. Led by Christine Palafox, with 20 years of experience with this technique, this 90 minute session will teach participants how to use the site to get started in self care through acupressure. To sign up for this free class, call NFSC at 970-527-3482 or sign up on the NF Senior Connections website at: <https://nfseniorconnections.helpfulvillage.com/events/121>

Calendar

Service Saturday Saturday, May 15th at 8:30 am
Paonia Town Park. See article for details.

Cell Phone Basics Wednesday, May 12th at 2:30 pm, Polis Park. See article for details.

Self-Care Through Acupressure Thursday, May 13th at 10 am via Zoom.

Senior Movie Thursday, May 13th at 10:00 am.

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

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