

Finding Solutions to Help Seniors Age in Place

A Full Life at Any Age

Early in April, North Fork Senior Connections brought together a dozen “women of a certain age” from across the Valley for a playful look at healthy sensuality, facilitated by Carolyn Ringo. Lots of laughter punctuated an exchange of valuable information and a sharing of concerns and experiences. Ringo is passionate about working with elder women to maintain healthy self-appreciation.

“Going out into nature with all our senses wide open brings us to a greater aliveness,” says Ringo, who is co-leader of the outdoor experience Women’s Wild Soul Quest. “And in 2020 I decided to dance more — as I grow older my mind tries to tell me not to do it anymore, but my body holds on to what I remember. Infants respond to rhythm and tempo, so it’s within us all.” Dance movement can be a great cardio workout that lights up our self-esteem, develops core strength, and helps with cognition.

Our sexuality doesn’t come with an expiration date. It’s part of who we are, whether man or woman, single or partnered. Orgasm releases the “feel-good hormone” dopamine, as well as the “love drug” oxytocin, that counteract the effects of cortisol, the stress hormone, in our aging bodies. Masturbation can improve sleep, sharpen focus, elevate mood, relieve tension, combat anxiety and depression, and ease the aches and pains that build up in a well-used body. In women orgasm can help preserve the pelvic floor, fighting incontinence. Heart disease is

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actually reduced 36% with at least an orgasm per week and the immune system is enhanced. In men orgasm helps with prostate issues. So when you take care of your health, don’t forget you’re still a man or woman, regardless of age or partner status.



Days of Service

It's finally spring, with the trees in bud and the birds & bees busy in our Valley. On the mornings of Friday, May 5, and Saturday, May 6, teams of volunteers will be active, too, performing seasonal chores for senior households from 9-1 through our **Days of Service** initiative (expanded from Service Saturday.)

If you'd like to assist us neighbor-to-neighbor, please reach out to North Fork Senior Connections at (970)527.3482 - we need to know how many pizzas to order! We meet at Apple Valley Park at 8:30 on the 6th. This spring, Crawford will have its own special Day of Service on Saturday, June 3. Watch for details!

Transportation News

Neighborly Rides is Coming!

As North Fork Senior Connections continues to expand our outreach to Crawford and the mesas outside Hotchkiss, we try to look at all the needs of older adults.

Board member Bonnie Eisenberg has devoted countless hours to establish a new system for transporting seniors in our communities, set to launch in July. The Neighborly Rides program will allow elders to schedule rides to medical appointments, attend programs and events, and accomplish local food shopping

“At this time,” Eisenberg reports, “we are recruiting volunteer drivers from Crawford, Hotchkiss, Paonia and surrounding areas. If you have a car in reliable shape, a clean, recent driving record, and can pass a criminal background check, please consider assisting your neighbors in this way.”

Contact Bonnie for more information and to sign up by calling 970-808-1009, or by email at: mizbons65@icloud.com

New Shuttle to Bill Heddles

“All Points Transit is thrilled to provide service every Thursday morning to Bill Heddles Recreation Center for Paonia and Hotchkiss senior residents in partnership with Region 10 Area Agency on Aging,” explains executive director Sarah Curtis. “We are particularly excited about this route and how it will support the health and wellness of North Fork residents by providing access to recreation, therapy at the pool, and more.”

Currently the driver picks up individuals at their homes at approximately 8, drops them off in Delta at 9, and picks them up at the Center for the return trip at 11. Older adults can get vouchers so the ride is free. Call (970) 874-7334 to book a spot.

May's Senior Film: A Fun Look at History



In the 1890s, new waitresses for Fred Harvey's pioneering chain of Harvey House restaurants head West on the Atchison, Topeka & Santa Fe Railroad to the Southwest town of Sandrock in the 1946 Technicolor musical film *The Harvey Girls*. On the same train is a woman (Judy Garland) traveling to Sandrock to meet the man she encountered through a “Lonely Hearts” ad. Angela Lansbury is the ringleader of the dance-hall girls who see the waitresses as rivals. Conflict ensues.

The free film screens on Thursday, May 11, at 10 AM at the Paradise Theater, with free popcorn and a fountain drink. (If you missed last month's showing of *Little Women*, our apologies. Executive Director Michael Cooper assures us that April's switch won't be repeated--the senior film will always be on *the second Thursday of each month.*)

If you plan ahead, you can register for the catered lunch at the Paonia Senior Center for the first twenty to sign up at 537.3435. All Points Transit can get you to the show and back if you call them in advance at (970) 874-7334.

Let's Get Together & SEW!

The Silver Threads Sewing Club meets on the 2nd and 3rd Tuesdays at the Paonia Senior Center at 1:00 o'clock. All levels, “works in progress”, and UFOs are welcome. Sessions are facilitated by experienced quilter Connie Hodges & friends. Questions? (970) 527-3482 or Connie @ (970) 216-4457.



Prepare For Flooding Before It Happens!

It's not that we're ungrateful for this year's lavish snowfall - but it does come with a risk of spring flooding. Is your property vulnerable to the effects of snowmelt? Could you be isolated by road closures? You can sign up for notifications from Delta County, and might want to prepare a flood emergency kit (also useful for other crises) with first aid supplies, non-perishable food and water to last several days, necessary medications and copies of essential documents. If you need sandbags, here are some options:

- In Hotchkiss: Bags and sand available at the Town Shop. For questions or assistance, call the Town Hall at (970) 872-5454.
- In Crawford: Bags @Town Hall and Shop that can be filled with sand at the District 3 Road & Bridge shop sand pile next to the Fire Department. For assistance, call (970) 921-4725.
- In Paonia: Bags are available at Paonia Farm & Home Supply and Dependable Lumber. Contact Town Hall at 527-4101 for availability.
- Unincorporated North Fork: At Delta County Fairgrounds out back by the dugouts. Contact (970) 874 -2101

NFSC/CSA 2023

Started April 28th



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. 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.



Join North Fork Senior Connections for a special docent-led tour of the Hotchkiss-Crawford Historical Museum on Monday, May 15th @1:30. Led by Marjorie True. Tour is free, but donations are welcome.



Paonia River Walks Resume!

Starting May 3 (and weather permitting) we'll meet every Wednesday at 10 AM at the gazebo for a stroll at Paonia River Park. We walk on the

mostly level packed trail—1-2 miles—along the North Fork River in congenial company. Please call 527-3482 if the weather looks doubtful!

Pottery with David Strong and Medeira Ryan



Hand Building and Sculpture in a Five Week Session - Build a project from start to finish with professional stewarding and instruction - Starting May 8th at 9:30 AM at the Hotchkiss Creamery

Space is limited for each five-week session. Please contact Medeira Ryan at (970) 527-3482 to reserve your spot. Cost-per-person is \$25 for five weeks, 2-hour sessions, with all tools and materials included. (\$360 value) *Scholarships are available.*

North Fork Senior Connections

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P.O. Box 1738 Paonia, CO 81428



May
2023

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CALENDAR

Here & Now MEDITATION - Meg O'Shaughnessy facilitates this ongoing group at Paonia Senior Center Thursday mornings 8:30-9:30. All are welcome.

Stay Active and Independent for Life (SAIL) 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 8:45-9:45: 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, May 11, we'll discuss books dealing with the continent "AFRICA," people and place, fiction or nonfiction. Paonia Senior Center at 1:30. We'll also choose new topics for upcoming gatherings.

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.

Coffee Klatches at Paonia Senior Center 9:30 AM: 5/1 - Laura Majors with Friends of the Paonia library; 5/8 - Jay Canode with Friends of the Paradise Theater; 5/15 - Marjorie True - Hotchkiss-Crawford Historic Society.

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May Birthdays

Mike Edson - May 6
Jeanette Gerry - May 9
Lindi Mereness - May 15
Rita Murphy - May 31



POSTPONED UNTIL FURTHER NOTICE due to instructor illness: *Gardening in the North Fork Valley Series* with Master Gardener John Valentine and *You Took Great Photos: All About Digital Images*.

Hotchkiss Senior Center serves hot full meals cooked on the premises Tues and Thurs and a soup lunch on Wed, all at noon. (970) 872-3494

Thursday Lunches, fresh and locally-sourced, at Paonia Senior Center @noon: 5/4 - A Simple Café; 5/11 - Kathy Swartz; 5/18 - Sweetgrass; 5/25 - Berg Harvest. RSVP beginning the Friday before. (970) 527-3435.

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

SPECIAL THANKS to all our volunteers who shoveled snow this winter for older adults in need!
You are greatly appreciated!