

*Finding Solutions to Help Seniors Age in Place*

## A Sunny Service Saturday

On the morning of May 15, forty volunteers—including enthusiastic students from Paonia



Experiential Leadership Academy (PELA)—gathered at Paonia Town Park, dispersing in crews to nineteen households all over the North Fork Valley. On the agenda:

installing swamp coolers, washing windows, and sprucing up yards in preparation for summer. Some of the recipients of the volunteers' efforts sent notes, including: "The yard work today was wonderful! Such a help and it is so nice

to meet the community. Thanks!" and "The work group this morning did an above-and-beyond, beautiful and efficient job with the yard cleanup." Crews finished the morning with pizza from Berg Harvest. Kudos to all the volunteers!



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### Welcome Laura Lee Yates, Our New Program Assistant!

You may have met Laura Lee Yates, the new Program Assistant for North Fork Senior Connections, during her long association with Paonia Library, or her stint working for the Blue Sage Center for the Arts, or perhaps through the Senior Movie program at the Paradise Theater. When



she's not serving as aide to Linda and the great NFSC Board you're likely to find her out in nature, immersed in her current novel project set in Scotland, Ireland, England, Morocco and Spain during the 1580s or walking with her rescue dog Fiona—sometimes all three at once!

### NextFifty Funds New Program for NFSC

NextFifty Initiative has awarded a grant of \$9,735 to Senior Connections in support of a project to train and videotape teens interviewing older adults. The project will elevate and honor the lived experience of older adults and foster intergenerational understanding and connections. The audience for the videotaped interviews will include teens' parents and other relatives, teachers and friends as well as other interested seniors. Friends of the Paradise Theatre is the fiscal sponsor for the grant. NextFifty Initiative funds projects seeking to change the concept and improve the quality of aging.

### Senior Movie on June 10th:



Mark your calendar for the free Senior Movie at the Paradise Theater on Thursday June 10th at 10am. In the award-winning 1950 comedy-drama HARVEY, Jimmy Stewart plays Elwood P. Dowd, an amiable but eccentric man whose best friend is an invisible 6-ft, 3 1/2-inch tall white rabbit named

Harvey. Elwood spends most of his time taking Harvey around town, drinking at various bars and introducing Harvey to everyone he meets, much to the puzzlement of strangers, though Elwood's friends have accepted Harvey's (supposed) existence. Chaos ensues when Elwood's sister tries to have him committed to a sanatorium. Great vintage film! Only those 60+ can attend. To make a reservation for a ride to the theater call All Points Transit at 970-874-7334.

June 2021



NEWS

### Board of Directors

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Jess Deegan, Member  
Marsha Brezonick, Member  
Linda McCone, Program Manager  
Laura Lee Yates, Pgm Asst.

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### June Birthdays



#### Happy Birthday to:

|                      |                           |
|----------------------|---------------------------|
| Al Rozman – 6/3      | Dona Willoughby – 6/3     |
| Alyson Muse – 6/17   | Lynne Bear – 6/24         |
| Emily Wassell – 6/24 | Jacqueline Koehler – 6/26 |
| Roger Bissell – 6/28 |                           |

### ACUPRESSURE - SELF CARE FOR UNCERTAIN TIMES

Tuesday, June 22nd at 10:30 am Paonia Senior Center, 106 3rd St

Acupressure, an ancient Japanese healing art, can provide relief for the symptoms of stress. This 90 minute session will introduce the ITEA plus acupressure self-care website developed by University of Colorado, neuroscience professor Theresa Hernández. Session Instructor Christine Palafox will incorporate verbal instruction, short videos and hands on practice to demonstrate how to use website resources to maintain

wellbeing, reduce stress & help participants to develop their own acupressure self care practices. Christine has more than 40 years of experience as a student, practitioner, trainer and contributor to the development of ITEA plus.

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/124>

### Calendar

#### NFSC Walking Club

Wednesdays at 9:30 am – first walk on June 9th at Paonia River Park. Meet at the gazebo. Wear walking shoes, have bug repellent & sunscreen and bring a water bottle.

#### Senior Movie

Thursday, June 10th at 10:00 am. This month's film is Harvey, starring Jimmy Stewart. See article for details.

**Acupressure Self Care Class** June 22nd – 10:30 am to noon - Paonia Senior Center. See article

for details.

**Memoir Writing** Wednesdays at 1:30. Contact Yuri Chicovsky at [yurichicovsky@gmail.com](mailto:yurichicovsky@gmail.com) for more information

**Senior Lunch** – The Paonia Senior Center is will be open for seniors to eat inside beginning June 1st. Meals are still pick-up outside the building. 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](mailto:drdeeganii@gmail.com)