

*Finding Solutions to Help Seniors Age in Place*

## BETTER TOGETHER

*by Laura Lee Yates for North Fork Senior Connections*

Once upon a time collaboration was a dirty word. Though collaboration during wartime dates back to prehistory, in 1940 the word came into common usage when the Vichy government of France cooperated with the Nazis.

But in the North Fork Valley, collaboration gets things done. As Margaret Mead said: "Never doubt that a small group of thoughtful, committed people can change the world. Indeed. It is the only thing that ever has."

Whenever we schedule one of our semi-annual "Service Saturdays" (just held on May 14) we reach out to the Paonia Experiential Leadership Academy. Young Emerson Wassell, son of the school's administrators, says, "I like Service Saturday because I get to do unusual jobs that I'm not usually allowed to do like lifting swamp coolers and cleaning windows... I think it's important for people to collaborate so they can get to know each other better." His school-mate Zinnia Bender adds, "I really like working with people who are not my age. I think that grownups collaborating with kids is important because some grownups don't get to be with kids and when they do, it makes them happy."

North Fork Senior Connections has collaborated with more than a dozen wonderful local organizations ranging from Kids Pasta Project to the Blue Sage Center for the Arts, from Jodi Simpson's kindergarten class at Paonia Elementary School to WSCC. In September of 2021 North Fork Senior Connections moved our office into the Paonia Senior Center on Third Street. Linda McCone, now vice-president of the Center, explains, "Even prior to Covid, attendance was poor, but when the Center closed for 15 months due to the pandemic many seniors languished due to the social isolation imposed by the restrictions. Collaboration has breathed life back into the Paonia Senior Center."

Sharing a space, both organizations work to keep local elders active, and by joining forces we've made the Center into a lively place where seniors

gather and thrive. Stop by and see us!



Heartfelt thanks to all our wonderful Service Saturday volunteers! Pictured above: the Crawford crew, with special gratitude to Liz Heidrick and the staff of Needlerock Mountain Realty, who turned out to help their neighbors.

### Cross the Generational Divide on Friday, June 3rd!

When local high-school students interview long-time community elders, their dialogues reveal a few tears, a lot of laughter and major changes in our Valley and the world-at-large. Join North Fork Senior Connections at the Paradise Theater on June 3rd from 7-8:30pm when we premier a movie compilation from 15 interviews, accompanied by a reunion of the film stars. Free! For more info call 970.527-3482.



"Do you recognize this Paonia elder and Senior Connections volunteer?"

Paonia Players present  
**SUMMER FOLLIES**  
A MUSICAL COMEDY REVIEW  
JULY 1 & 2 AT PARADISE THEATRE OF PAONIA

Summer Follies is a Music-Comedy Revue honoring North Fork Valley seniors and friends – presented by the Paonia Players.

Printed by High Country Printing and Graphics

## June Birthdays

### Happy Birthday to:



Al Rozman 6/3	Alyson Muse 6/17
Lynne Bear 6/24	Emily Wassell 6/24
Jacque Kohler 6/26	Roger Bissell 6/28

*“Studies have shown that people who have the most birthdays live the longest.”*

## Calendar

### What’s Happening in the North Fork Valley in June

**Garden Talks** at 9:30 on Thursdays See NFSC website for the schedule and topics.

**Stay Active and Independent for Life (SAIL)** Exercise and fall prevention classes presented by the North Fork EMS: Paonia Senior Center – Tues & Fri at 10-11 am Hotchkiss Memorial Hall – Mon & Thur, 9:30 am Crawford Town Hall (Advanced) Tues & Thurs 5:30-6:30 pm

**Book Club for Seniors** – Monday, June 20 (the last day of spring) we’ll meet at the Paonia River Park gazebo at 1:30 to talk about books featuring “Water,” fiction or nonfiction.

**Write Your Life**– Memoir for Seniors is on hiatus until June 15, when it resumes at the Paonia Senior Center at 1:30, facilitated by Yuri Chicovsky.

**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.

**Hotchkiss Senior Center** now serves hot meals cooked on the premises Tues and Thurs at noon! 872.3494

**Senior Movies are Back!**  
Don’t miss this fabulous 1954 mystery-thriller from Alfred Hitchcock, starring James Stewart as photographer L.B. Jefferies, Grace Kelly as his socialite girlfriend, and Raymond Burr as a traveling salesman with a secret. June 9th at the Paradise Theater, 10AM. Free to seniors!

**Caregivers’ Support Group** Thursdays, 1 – 3 pm via Zoom. Contact Gayla Michaud for information at 970.825.6288 or email [GAMich76@outlook.com](mailto:GAMich76@outlook.com)

**Thursday Lunches** return at Paonia Senior Center, with locally-sourced catered meals at noon for \$4. Limited to first 20 to register by calling 970/527-3435 or by emailing [scmspaonia@gmail.com](mailto:scmspaonia@gmail.com)



Thanks to our generous coffee sponsor:

Both Senior Connections and the Paonia Senior Center appreciate their support!