

Finding Solutions to Help Seniors Age in Place

DRIVERS NEEDED!

North Fork Senior Connections is preparing to launch its **Neighborhood Rides** program in July of this year. Once initiated, seniors without transportation will be able to schedule rides for medical appointments, attend senior programs and events, and shop for local food – on their own timetable. And there will be no charge for this service.

We are currently recruiting volunteer drivers from the Crawford, Hotchkiss, and Paonia 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 Eisenberg, SC Board member, for more information or to sign up by calling: 970-808-1009 or by email at: mizbons65@icloud.com

This program is just one part of an overall effort to better address the needs of local seniors and make it easier for volunteers to arrange for and obtain opportunities to lend a helping hand – but we can't do it without you.

Training will be provided prior to the launch of the program and will cover how to use the new web-based scheduling system, safe driving skills, and how to assist your passengers. Drivers will be able to choose which requests to take on and how often they are available. Mileage reimbursement may be available, pending grant funding.

This is your chance to be part of the solution to a long-standing problem in our rural community. Contact us today!

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

DONATE TODAY



The CSA is Underway

You've made a difference in the lives of older adults in the North Fork Valley who struggle with food insecurity. Through your generosity, we've been able to expand our outreach to thirty recipients — a 50% increase — who will receive weekly deliveries of fresh produce from the Living Farm for thirty weeks. April 28th marked our first delivery for 2023, and the recipients were thrilled to receive lettuce, spinach, sweet carrots and a jar of delicious farm-made marinara sauce (since it's so early in the new growing season.)

Know that your contribution brought both joy and nutrition to a local elder. One woman told us, "It makes me cry—I feel like I won the lottery! Bless you all and thank you so much."

There's still time to designate a special donation to this effort. A check for \$120 will cover deliveries for 10 weeks, and you know that your donation will be put to work every Friday throughout the season.

A Special Afternoon with Todd Weber



If you missed Todd Webber's fascinating presentation at the Blue Sage, here's another chance just for elders.

At 1pm on Monday, June 12, enjoy "River Runners of the Colorado: A timeline of history through the Grand Canyon" at the Paonia Senior Center. There's no charge, but you must reserve your spot by calling us at 527-3482. (Sorry, no repeats!)

Potluck and Pie!

Our generous supporters at Mountain Oven have provided some wonderful fruit pies, so join us at the Paonia Senior Center on Tuesday, June 13,



at noon to celebrate summer. Please bring a dish of your choice (but not dessert unless it's gluten-free!) and enjoy congenial company.

Fun, Great Food & Farmers!

Local chef Chrys Bailey offers wonderful organic meals through her monthly "Seniors on Farms" program. Upcoming: Zephyros Farm on June 21; Arize Farm on July 19; The Living Farm on August 23; Stuart's Farm on September 13 and Thistle Whistle Farm on October 18. If you need info or reservations in June text Chrys at 970.417.2299; starting in July text Faye at 970.209.9721.

June's Senior Movie



Walter Matthau and Jack Lemmon star as two feuding Minnesota retirees — former childhood pals — in the romantic comedy

"Grumpy Old Men." The next-door neighbors spend their time ice fishing, trading insults, and pulling cruel practical jokes on each other until an attractive English professor (Ann-Margret) moves in across the street.

Older adults can attend the film at the Paradise Theater for free on Thursday, June 8, at 10 AM, also receiving a small popcorn and fountain drink. All Points Transit can get you to the show and back if you call them in advance at (970) 874-7334. With planning you can segue to a catered lunch if you call the Paonia Senior Center at 527-3435 beginning the previous Friday and are one of the lucky twenty who make the cut.

MENDING HEARTS Grief Support

If you've suffered a loss, join us beginning Monday, June 5th, from 3:30-5 at the Paonia Senior Center. In the safety of a group and in an atmosphere of acceptance and understanding, members talk about their feelings and concerns. As they share experiences, members help each other work through their feelings and come to terms with the new realities of life.

Mending Hearts is a community service of Hope West. Anyone can attend this group free of charge but registration is required. Facilitated by Ronna Webb (571-331-3795) and bereavement coordinator Claire Dauwe (970-914.2047).

SPRING DAYS OF SERVICE

Friday, May 5 & Saturday, May 6



... sharing in the rewards of giving back.

Special thanks to
BERG HARVEST
for the great PIZZA!

North Fork Senior Connections

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P.O. Box 1738 Paonia, CO 81428



June
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.

Love to read? - Whether you prefer fiction or nonfiction, the Book Club for Seniors will meet Monday, June 19th at 1:30 at the Paonia Senior Center. We'll choose our upcoming topics, so please join us with your ideas for great reads and discussion.

Paonia River Park Walks resume every Wednesday at 10 AM (weather and the river permitting). We meet at the gazebo.

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

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 on hiatus for the summer.

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June Birthdays

Pat Hunter 6/2

Al Rozman 6/3

Lynne Bear 6/24

Emily Wassell 6/24



Jacque Koehler 6/26

Ronna Webb 6/26

Roger Bissell 6/28

Let's Get Together & SEW! - Silver Threads Sewing Club, 2nd & 4th Tuesdays @ Paonia Senior Center at 1:00. All levels/works-in-progress. Facilitated by experienced quilter Connie Hodges & friends. Questions? (970) 527-3482, or Connie @ (970) 216.4457

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 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: 6/1 - Kathy Swartz; 6/8 Chrys Bailey. RSVP beginning the Friday before. (970) 527-3435.

Caregivers' Support Group Thursdays, 1 - 3 pm via Zoom. Contact Gayla Michaud for information at 970.825.6288 or email GAMich76@outlook.com

SAVE THE DATE On Monday, July 10, North Fork Senior Connections will host its third annual Kids' Pasta Project dinner at Lamborn Mountain Homestead. Don't miss a delicious lasagna dinner served by adorable KPP waitstaff.