

Finding Solutions to Help Seniors Age in Place

Spotlight on Volunteers:

**Just Say Yes!** Four years ago, Jenn Lukesh and her six-year-old daughter, Zinnia, arrived in Paonia from Albuquerque, New Mexico, in search of a quieter life.



Shortly after their arrival, Zinnia's grandpa, retired nurse and volunteer Bill Crompton, invited them to join him for a Service Saturday. This is the bi-annual North Fork Senior Connections event when teams of volunteers tackle change-of-season projects like raking leaves and washing windows.

"I said 'yes'," Jenn explains. "I remember working at one woman's house on Grand Avenue—I was weeding and Zinnia sat down on the swing with her and chatted away. It was especially sweet to see them enjoying each other's company. So Service Saturdays became our tradition."

Now Jenn Lukesh is the board treasurer for North Fork Senior Connections and Zinnia is almost ten. She still loves participating in Service Saturdays. "I like feeling like I help seniors and make their home a more beautiful place to live." Zinnia smiles. "I really liked pulling up the plant part of the tulips—it makes a satisfying popping sound."

"Volunteering is a wonderful way to connect to the community," says Jenn. "It also gives kids an opportunity to see that their contribution makes a difference. My hope is that we can attract more families with kids and create more opportunities for cross-generational connections and benefits."

**Wisdom Walking!**

Wednesdays at 9am NFSC folks enjoy stretching their legs along the trail at the Paonia River Park. After the mile walks in June (complete with tiger swallowtail butterflies) we've enjoyed the music of Ellen Stappenhorst, toured the nearby Historical Museum and the Bowie Schoolhouse, and learned the park's history plus plans for expanding the trail from Friends of the Paonia River Park. Come join us!



**Lavender and Lasagna!**

Make reservations early to attend the Kids Pasta Project fundraiser for North Fork Senior Connection on July 26 at 6pm. With cute youngsters serving up a multi-course organic meal these events are always special, but this year James and Carol Schott have generously offered their

Lamborn Mountain Homestead as the setting, with the lavender fields in bloom and Ellen Hutto & Dave Sheppard playing music. The cost is \$20 for adults, \$12 for kids 12 & under and proceeds support NFSC's outreach programs. Wine for purchase. If you'd like to "Pay It Forward," sponsor a senior on a fixed income by purchasing a gift certificate when you make a reservation through NFSC—we'll make sure that a communi-



ty member receives the abundance.

Register:

<https://nfseniorconnections.helpfulvillage.com/events/139-lavender-and-lasagna---kpp-dinner>

# North Fork Senior Connections

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P.O. Box 1738 Paonia, CO 81428

## July 2021



## NEWS

### Board of Directors

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### July Birthdays



#### Happy Birthday to:

Connie Hodges—7/2	Larry Ribnick—7/4
Brian Ayers—7/5	Betsy Marston—7/6
Karen Budinger—7/12	Kathy Edwards—7/17
Mary Bachran—7/18	Lynn Wetherell—7/18
Jo Ann Blunkall—7/23	Bill Crompton—7/23
Chris Michelsen—7/27	

**Biking into the Sunset:** On Tuesday, July 13th at 10am, veteran cyclists Sid Lewis & Sherrion Taylor will share tips for getting started in this form of exercise approved for many seniors. Warming up, cruising, and tech tips make for a better ride, whether you choose two wheels or three or add an electric assist. We'll meet at the shelters in Paonia Town Park.



**The World We Live In:** White & blue North Fork Senior Connections signs have disappeared from members' lawns—but it's not vandalism. At our last Board meeting, someone pointed out that announcing the presence of a senior citizen might make those homes a target for thieves! It had never occurred to us, but we felt compelled to take action for your security. Help us spread the word in other ways.

## Calendar

### NFSC Walking Club

9am Wednesdays @ Paonia River Park. See article for details.

**Senior Movie** Thursday, July 8, 10am. Watch Wait Until Dark starring Audrey Hepburn @ Paradise Theater. Ride-call All-Points at 970-874-7334

**Biking for Seniors:** Tuesday, July 13, 10am @ Paonia Town Park—see article for details.

**Book Club:** July 19 at 1:30, Paonia Senior Center—space limited.

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

**Senior Lunch** – Meals are still pick-up outside the building. Eat inside if desired. Call Debbie at 970-874-7661 for more information or to sign up. Mon, Wed & Fri at noon – Paonia & Hotch kiss 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)

**Lavender & Lasagna!** The Kids Pasta Project serves up a fundraiser for NFSC on July 26! See article for details.