

Finding Solutions to Help Seniors Age in Place

A Born Teacher

When John Valentine first visited Paonia with his wife Linda McCone, he turned to her, saying: “We could retire here....” We’re glad they did.

John took his first gardening job in fourth grade, working for a penny-a-minute in his Detroit neighbors’ Victory Garden left over from World War II. He’s been digging in the dirt ever since—and teaching. According to Linda: “The thing that stands out most about John is that he’s a born teacher. He has a true thirst for knowledge—if he doesn’t know the answer, he’ll start looking for it on the Internet.”

Years ago, when the appearance of a lizard ignited John’s passion for teaching and turned a hike into a herpetology talk, his friends said: “You should be a teacher!” Soon John returned to college for a teaching certificate, graduating from San Francisco State. At the first Bay Area school where he taught the various students spoke 67 native languages! In Gig Harbor WA at his first Parents’ Night, John dramatically threw the textbook into the trashcan to show that the class would be outdoors, hands-on, and based on issues. The Superintendent’s son was in the class, so dad was in attendance, unbeknownst to John. Afterward, the Super came up and shook John’s hand.

Linda McCone and John Valentine met as fellow teachers in the Bay Area, where they couldn’t afford to buy a house. Instead they moved to Tacoma, Washington, for thirty years before “retiring” to Paonia in 2018. As many of you know, Linda soon became the first program manager for North Fork Senior Connections, while John turned to agriculture, specializing in year-round crop production with low energy inputs. This year he became a Paonia Trustee. Along with his volunteer work as a Master Gardener through the Extension Service’s diagnostic clinic, John serves on the local Tree Board, which just completed Sick Tree Day, and is finishing up a free eight-week series on gardening in the North Fork Valley for Senior Connections. Every month he takes times from his plants to generously publish our newsletter. Volunteers make our community a better place



to live. They are the heart and soul of this organization. We all have something to offer—get involved!

Gratitude Across the Generations

We want to thank all the wonderful people of all ages who helped make the June 3rd showing of “Crossing the Generational Divide” a rousing success. More than eighty-five folks filled the Paradise Theater to view the film of students in conversations with longtime North Fork Valley seniors. Deep appreciation goes out to our grantors: Next Fifty Initiative, Western Colorado Community Foundation/Dave and Mary Wood Fund, and Western Colorado Community Foundation/West Elk Community Fund.

You can watch the film of excerpted conversations via laptop at our booth in Paonia Town Park after the Cherry Day Parade on July 4th. The edited version and full interviews will also be available online at a later date—we’ll keep you posted!

Keep Cool at the Senior Movie



This year’s Delta County Libraries’ Summer Reading program is “Oceans of Possibilities,” so in support July’s film is the 1937 adventure-with-heart classic “Captains Courageous.” Freddie Bartholomew plays a spoiled brat who falls overboard from a steamship in the 1920s and gets picked up by a New England fishing boat, where he’s made to earn his

keep by joining the crew in their work. Spencer Tracy won the Best Actor Academy Award for his moving performance as sailor Manuel Fidello, with Lionel Barrymore as the ship’s captain and Mickey Rooney as his young son. See you at the Paradise Theater on Thursday, July 14, at 10:00—free to seniors!

A Special Invitation
 Enjoy an evening at James and Carol Schott's Lavender Farm with Live Music by HARD PRESSED and support

North Fork Senior Connections
 at a
KIDS' PASTA PROJECT DINNER
Monday, July 25th
6:00 pm
 at the
Lamborn Mountain Homestead
 42229 Lamborn Mesa Road, Paonia
FARM TOURS & APPETIZERS AVAILABLE AT 5:30 PM
Serving
 Appetizers, Lasagne, Salad, Artisan Bread & Dessert
 \$20 adults / \$12 for 12 and under
Reservations Required!
 Email kppreservations@gmail.com or call Moni at 970-250-6836
 Vegetarian and gluten-free options available.

KPP Dinner
 Join us for a KPP Dinner at Lamborn Mountain Homestead on July 25th! What's better than "Munchkin" waitstaff, toe-tappin' music, and delicious food—and it all benefits a great cause: North Fork Senior Connections!

Printed by High Country Printing and Graphics

July Birthdays

Happy Birthday to:



Connie Hodges & Linda Tackett 7/2 Larry Ribnick 7/4
 Brian Ayers 7/5
 Betsy Marston & Suzi Morton 7/6
 Karen Budinger 7/12 Kathy Edwards 7/17
 Mary Bachran & Lynn Wetherell 7/18
 Bill Crompton 7/23 Jay Simon 7/28
 Marjorie True 7/30

Calendar

What's Happening in the North Fork Valley in July

Garden Talks FINAL (for now) GARDEN TALK with John Valentine 9:30 on Thursday 7/7 @ Paonia Senior Center: Hands-on drip irrigation. Designing a residential system and what goes into it (landscape vs vegetable garden vs containers), look at a model of how all parts go together, sample assembly activity; 6/30 class- field trip

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, July 18 at 1:30 @ Paonia Senior Center. We'll talk about books featuring "Fire," fiction or nonfiction.

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.

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

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

Thursday Lunches at Paonia Senior Center, with locally-sourced catered meals from area restaurants and caterers at noon for \$4. Limited to first 20 to register by calling 970/527-3435 or by emailing at scmspaonia@gmail.com.

Coming up in July: 7/7 Blended Table, 7/14 Simple Cafe, 7/21 Lea Petmezas, 7/28 Chick-A-Pea



Thanks to our generous coffee sponsor:
 Both Senior Connections and the Paonia Senior Center appreciate their support!