

Finding Solutions to Help Seniors Age in Place

LAVENDER & LASAGNA



Please join us on Lamborn Mesa for our 3rd annual KPP dinner on Monday, July 10th. It's a delicious meal presented by the charming youngsters from the Kids Pasta Project in a fabulous outdoor setting.

This year we're honoring the generous folks at Rubicon Coffee, who keep us in fresh grounds, and Chris Sullivan & Dana Whitcomb at Mountain Oven, who share their surplus with Valley elders.

Free Range Comedy will supply the levity before dinner. Space is limited, so make your reservations by Friday, July 7th at 5pm—hope to see you there!

Addressing Housing Needs in Paonia

Everyone needs a place to live, and seniors can have special requirements because of mobility concerns. Upcoming are two chances to learn and give input about the Paonia Housing Needs and Assessment Action Plan.

Shay Coburn is a Senior Planner with Urban Rural Continuum, the primary consulting firm completing the Plan for the Town of Paonia. Shay, a private consultant who lives outside Hotchkiss, will be the informative guest speaker at the Coffee Klatch at 9:30 on Monday, July 10, at the Paonia Senior Center, jointly sponsored by North Fork Senior Connections.

If that doesn't work with your schedule you can attend the Open House—focusing on all age groups—on Thursday, July 13, at the Ellen Hanson-Smith Center (Teen Center) in Paonia Town Park, starting at 5:30 and closing at 8:30.

Coming soon... Neighborly Rides!

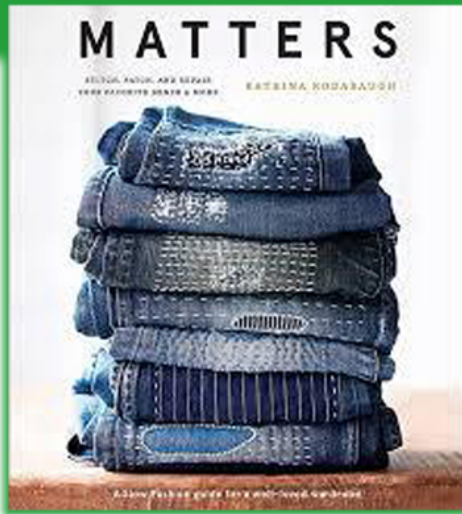
We are working out the details of our soon-to-be-launched Neighborly Rides Program, dedicated to making transportation accessible for North Fork seniors. Currently we're enrolling drivers – sign up now – and plan an information session this month. If all goes well, North Fork Senior Connections will then begin providing convenient rides for seniors to medical appointments, shopping, local events or any other needs within the North Fork Valley and on to Delta.

So if you think you could help with or benefit from this program, please check with NFSC staff at 527-3482 for details. Membership enrollment fee is just \$25, and can be waived if necessary. Contact Bonnie Eisenberg, (970-808-1009 or mizbons65@icloud.com) to check your membership status or for more information about becoming a volunteer driver.

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

DONATE TODAY

MENDING

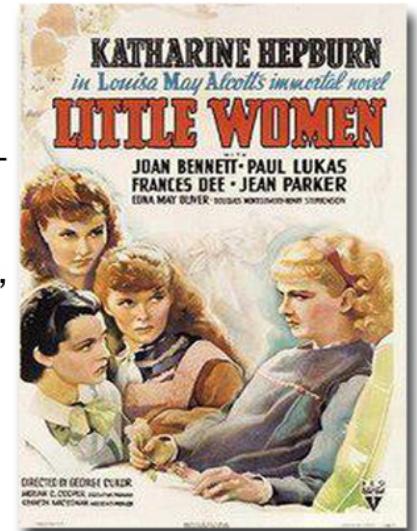


Who doesn't Have MENDING projects? On the 2nd and 4th Tuesday afternoons at 1pm, the Paonia Senior Center becomes a hive of activity: sewing machines whir and scissors flash as participants of the Silver Threads Sewing Club work with colorful fabrics. The group, spearheaded by Connie Hodges, will now aid with repairs and undone projects. Need a hem shortened? Have buttons that parted ways with your favorite shirt? Maybe you have a fabric craft project or a garment that's hit a snag and stalled out? No need to get rid of your treasure (sorry, Barkin' Bargains) or add to the landfill: the seamstresses at Silver Threads will help! Bring your projects on the 2nd Tuesdays - this month on JULY 11- and we'll attempt to get it done. Or just come and create with us. For more information call North Fork Senior Connections at 527.3482 or Connie at 970.216.4457.

YOUR SECOND CHANCE

Who says there are no second chances? Because of the confusion about the date of April's Senior Movie at the Paradise, we've decided to

offer an intimate showing of 1933's "Little Women" starring Katherine Hepburn as the irrepresible Jo March at the Paonia Senior Center on Thursday, July 27, at 1:30. The film follows the catered lunch from Zack's BBQ, so if you're one of the first to sign up at 527-3435 you can stay cool and enjoy the film. Or just come for the movie—we'll supply refreshments!



July's Senior Movie



The incomparable Alfred Hitchcock, inspired by an actual "bird attack" in Capitola, California as well as a Daphne du Maurier' novella, directed the classic 1963 thriller that was deemed

"culturally, historically, or aesthetically significant" by the Library of Congress and chosen for preservation in 2016. The movie, set in San Francisco and Bodega Bay, stars Rod Taylor, Tippi Hedren (in her screen debut), Jessica Tandy, Suzanne Pleshette and Veronica Cartwright. Older adults can watch gratis at the Paradise Theater on Thursday July 13 at 10am, when they'll also receive a free popcorn and fountain drink.

If you get a reservation at the Paonia Senior Center by calling 527-3435, you can enjoy a catered lunch for only \$4—a pretty cheap date! Transportation to the Paradise can be arranged with All Points Transit at 874-7334.

New Book Club: Women Rowing North

Some people get lucky. They sail through life without typhoons blowing them off course, their crew of family and friends intact, hulls sound, charting a steady course until the end of the voyage.

But for most of us the journey abounds with challenges. By the time we become elders we've confronted loss, struggled with aging bodies, and searched for new meaning in a changed world. As a former librarian I'm a firm believer in "Right Book, Right Time," and while recovering from a recent debilitating illness cracked open a paperback recommended by one of our members. Mary Pipher is a clinical psychologist, cultural anthropologist, and author. The subtitle of her book *"Women Rowing North"* reads: *Navigating Life's Currents and Flourishing as We Age*.

Pipher's book isn't preachy or depressing, but instead uplifting, useful, accessible, and beautifully written. Garnering glowing reviews from *NPR*, *Library Journal*, *People Magazine* and *The Wall Street Journal*, *"Women Rowing North"* guides the reader on an exploration of the ways real women (with their names changed) deal with the journey. Along the way they "grow into the authentic, empathetic, and wise people they have always wanted to be." AARP describes the book as "an encouraging, comforting, and very welcome message about the strength and joy that can come with age."

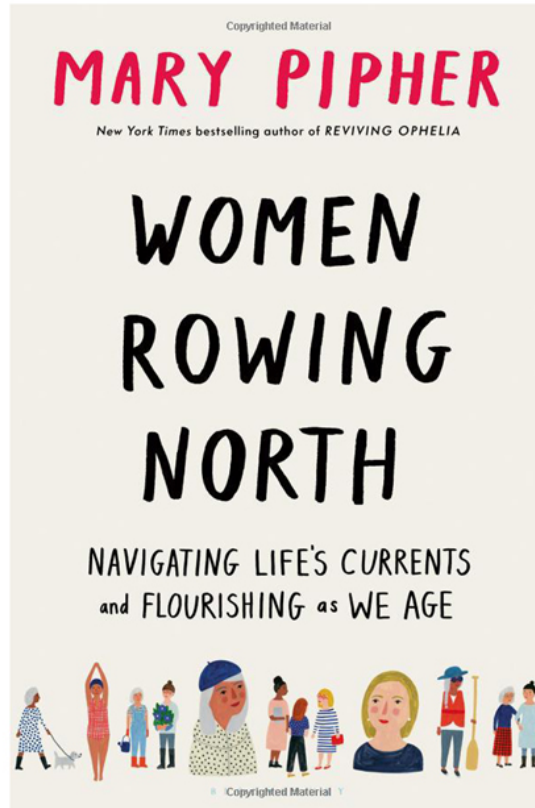
Now North Fork Senior Connections has planned a "book club" featuring "Women Rowing North," beginning in July and ending in October. We'll meet in

Paonia on the third Tuesday, July 18, at 2:00, to get acquainted, set ground-rules, and make sure everyone has a "guidebook," available free through Delta County Libraries in several forms. But most of us will want our own copy to mark and highlight. *"Women Rowing North"* can be purchased/ordered at Paonia Books on Grand Avenue, where generous proprietor Emily Sinclair is offering us a senior discount. Additionally, it's available used on Amazon, with Kindle and Audible versions as well. (Fearless editor Tom Wills is also keeping an eye out for copies.)

Each month following we'll focus on a section of the book, beginning with Part I: "Challenges of the Journey" on August 15, followed by Part II: "Travel Skills," on September 19, and closing on October 17 with Parts III & IV: "The People on the Boat" and "The Northern Lights."

This group is most appropriate for "women of a certain age," but younger women and respectful men may also find the book useful.

If you'd like to participate (and need more information - including the Paonia location, which will depend on the number of participants) - please contact Laura Lee at nfseniorconnections@gmail.com or by calling (970) 527-3482.



NFSC/CSA 2023 Sponsorships Still Available

You still have time to earmark a special donation to support our ongoing CSA, currently delivering fresh and wholesome vegetables and fruit from The Living Farm to thirty seniors every Friday afternoon, relying on dedicated volunteers and generous donors.

North Fork Senior Connections

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P.O. Box 1738 Paonia, CO 81428



July
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.

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

Love to read? - Our Book Club is changing -- SEE ARTICLE about the new "**Women Rowing North**" discussion group.

Paonia River Park Walks resume Wednesday, July 5th at 9 am & every Wednesday thereafter, weather 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 & Fri 8:45-9:45 or 10-11; **Hotchkiss Memorial Hall** - Mon & Thurs @9:30; **Crawford Town Hall** 10-11 Wednesdays plus *Advanced classes* Tues & Thurs 5:30-6:30 pm

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

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July Birthdays

Connie Hodges 7/2

Linda Talbott 7/2

Larry Ribnick 7/4

Betsy Marston 7/6

Kathy Edwards 7/17



Marjorie True 7/30

Mary Bachran 7/18

Bill Crompton 7/18

Lynn Wetherell 7/18

Chris Michelsen 7/27

Jay Simon 7/28

LAVENDER & LASAGNA Monday, July 10, North Fork Senior Connections will host its third annual KPP fundraiser/dinner at James & Carol Schott's beautiful Lamborn Mountain Homestead. SEE ARTICLE for details and make your reservations by 5 pm on Friday, July 7th..

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 Chivovsky, 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 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: 7/6 Berg Harvest; 7/13 Simple Cafe; 7/20 Zack's BBQ; 7/27 TBD. RSVP beginning the Friday before 970/527-3435.

Coffee Klatches at Paonia Senior Center: Monday, 7/10 at 9:30 am. SEE ARTICLE