

Finding Solutions to Help Seniors Age in Place

NEED SOME GOOD NEWS?

Call it luck or call it karma: either way, good things do happen. North Fork Senior Connections is thrilled to welcome Medeira Ryan as our new program manager.

“Elders are essential stewards of a community,” the Crawford resident states. “My own elders have always played an active role in my life and helped shape my values and pursuits. Their depth of wisdom is invaluable.” Currently an EMT with the North Fork Ambulance Service, Medeira Ryan brings



an extraordinary skill set to the table. Named after a family friend, Medeira grew up on the East Coast, where she pursued degrees in Experiential Education & Comparative Literature & Philosophy. She completed her Master’s in 2016, addressing the needs of vulnerable populations through social and ecological justice. She served as a program director for at-risk youth, as a wilderness guide in Utah, Montana, and the Adirondacks, has worked in environmental education and recovery communities, as well as community organizing at both the state and national level.

Lured to the North Fork Valley in 2019 by two of her closest friends, Medeira is also passionate about wilderness, local food systems, and sustainability—sound like she’s come to the right place? As an outdoor adventurer and artist, she has a wide array of interests including rockhounding, pickleball, backpacking, swimming, wild crafting, and ceramics. She has recently embarked on the journey of becoming a quilter.

“The North Fork Community is poised to maximize its agency,” Medeira speculates. “We are supported by community leaders, local organizations, and an engaged citizenry dedicated to bettering the lives of our residents and the region.” Articulate, dynamic, and solution-oriented, Medeira believes prevention is as critical as intervention. She exudes positive energy coupled with a gift for collaboration. “Working together to im-

prove quality of life through community connections and engagement is quite simply one of my favorite things. We do have the capacity to create lasting positive outcomes for one another.”

North Fork Senior Connections is currently reviewing our Strategic Plan, and it will be Medeira’s responsibility to help manifest these changes. Forefront in our endeavors is continuing to facilitate meaningful community engagement and personal connection opportunities for our members and volunteers. Likewise, NFSC recognizes that it is important that seniors be able to age in place as desired while continuing as active participants in life here in the North Fork. To that end, North Fork Volunteers are the heart of NFSC and Medeira looks forward to enabling their good works and community stewarding. We look forward to a better future for all.

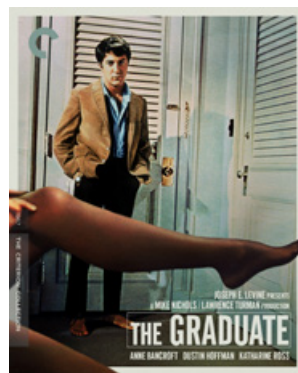
Sharing the Wealth

Wonderful volunteers from the non-profit UpRoot Colorado “harvest and redistribute surplus, nutrient-dense foods while supporting the resilience of farmers.” They often deliver freshly-gleaned produce from local farms and orchards to us at Paonia Senior Center—stop by and enjoy some of our local bounty at no charge. Thanks, UpRoot, for supporting local elders!



Mrs Robinson at the Senior Movie

The 1967 box-office blockbuster “The Graduate” is August’s free Senior Movie! The iconic romantic comedy-drama stars Dustin Hoffman as a college graduate with no idea what he wants to do with his life, Anne Bancroft as the “older woman”, and Katherine Ross as her daughter. Several producers refused to work with Broadway director Mike Nichols, who won the Academy Award. Hope to see you at the Paradise Theater on Thursday, August 11, at 10:00 AM. Free popcorn and small soda!



LUNCH FOR LEA

The Paonia Senior Center will sponsor a special lunch on Thursday, August 4, at noon



in memory of Lea Petmezas. Chrys Bailey will be cooking up a healthy meal to honor her fellow caterer who passed

away unexpectedly in July, leaving behind four children who will receive all the proceeds. Make your reservation by calling 970.527.3435 or through scmspaonia@gmail.com. Minimum donation \$4.

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August Birthdays



Happy Birthday to:

Lee Overton 8/2

Paula Harper 8/6

Brad Thacker 8/25

Calendar

What's Happening in the North Fork Valley in

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

Walks: In AUGUST, weather permitting, meet at 9:00 each Wednesday @ Paonia River Park gazebo. 1-mile trail is basically level along North Fork River—second mile loop across road available if desired.

Book Club for Seniors – Monday, 8/15 at 1:30 @ Paonia Senior Center. This month's topic is "EARTH," 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

Catered lunches at Paonia Senior Center every Thursday for the first 20 folks to register by calling 970.527.3435 or emailing cmspaonia@gmail.com. Fresh and locally-sourced, \$4 donation. Aug 4 and 18- Chrys Bailey; Aug 11- Berg Harvest; Aug 25- Root & Vine

Coffee Klatches at the Senior Center, Mondays at 9:30 starting Aug 8. Guest speakers include Trustees and Delta Health CEO Matt Haynes.



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