

August 2023

*Finding Solutions to Help Seniors Age in Place*

## Neighborly Rides Launching Now!

Who says there are no free rides? After months of planning, North Fork Senior Connections is ready to offer no-cost transportation to older adults headed to medical appointments, shopping, or events. If you've felt isolated in our rural communities of Hotchkiss, Crawford, or Paonia, now a simple phone call can summon a friendly driver to



your door, ready to deliver you to your Delta County location.

“The Rides Scheduler transportation program has proven effective—even life-changing—in other parts of the West, and we’re excited to bring it to our members here in the North Fork Valley,” says Bonnie Eisenberg, the force behind the new initiative. “All seniors have to do is call me at 970.808.1009 one or two weeks in advance and I’ll enter your request in our online system. Currently the parameters include all areas of Delta County, but if you need to reach Grand Junction or Montrose we’ll try to accommodate—just no guarantees. If you’re not already enrolled with

North Fork Senior Connections, we can even process your membership during that first phone call. Our goal is to bring easy access to the wider world for all our older adults.”

Bonnie, who serves as the Vice-Chair of the Senior Connections Board of Directors, will enter your information into our scheduling program, notifying registered drivers of your request. When a driver accepts the assignment you will receive an email confirmation, plus another the day before as a reminder. (If you aren't a computer user, phone calls can be arranged.)

Are you a good driver willing to aid older adults with transportation needs? North Fork Senior Connections is still accepting applications for folks willing to offer occasional rides—when it's convenient with your schedule—with mileage reimbursement available. We especially need folks in the Crawford area. Please contact Bonnie or NFSC staff if you'd like to support this important initiative. Remember: it's a lot easier to accept assistance when you've paid it forward. This program is all about neighbors helping each other.

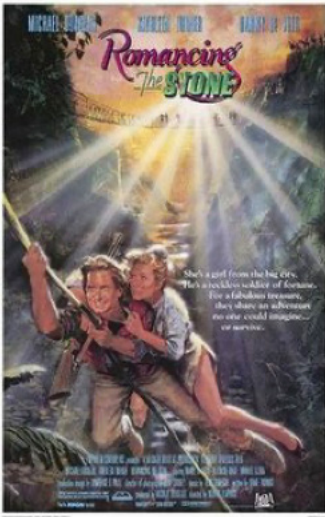
Know an older adult in the Valley who struggles with transportation issues? Please let us know and we'll reach out to them. Together we can improve the quality of life for North Fork elders.

### Deep Gratitude and Welcome!

North Fork Senior Connections wants to thank Betsy Topper for her invaluable years of service on our Board as secretary and chief grant writer. We are grateful that Faye Sullivan has joined us as her replacement and we look forward to her participation and fresh energy.



### Stay Cool with a Potluck & a Movie!



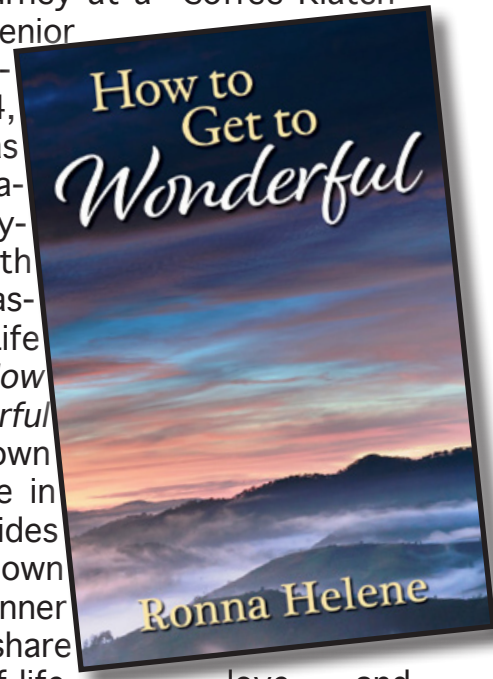
Join North Fork Senior Connections on Tuesday, August 29 at noon for a tasty potluck in the cool Paonia Senior Center, followed by the 1984 action-adventure comedy “Romancing the Stone” on the big-screen TV. Bring the dish of your choice—perhaps utilizing the Valley’s summer bounty. As soon as we get cleaned up—1:00 or so—we’ll start the show, (which won the Golden Globe for

Best Comedy) featuring Michael Douglas, Kathleen Turner and Danny DeVito. We’ll bring the popcorn!



**How to Get to Wonderful** The cover of her newly-released book may show Ronna Helene as the author, but don’t be fooled: it’s truly Senior Connection’s own Ronna Webb. You may have met her at SAIL class or as a volunteer leader for HopeWest, or perhaps at our Kids Pasta Project dinner, entertaining with humor alongside her daughter Danica. Ronna has just released her first book, *How to Get to Wonderful*, and will be reading and discussing her journey at a “Coffee Klatch” at the Paonia Senior

Center on Monday, August 14, at 9:30. Ronna has degrees in education and social psychology and is both a certified Reiki Master and End-of-Life Specialist. In *How to Get to Wonderful* she shares her own healing experience in a book that guides readers to their own strength and inner power. Come share this celebration of life,



love, and intuition and support one of our own!

Thanks to our generous sponsors:



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

### Wanted: A Few Good Volunteers

We’re seeking individuals willing to spend a Tuesday afternoon/evening (5-7:30 until September 5, when the shift will become 4-6:30) representing North Fork Senior Connections at the Arbol Farmers Market in Paonia Town Park. We want to raise more funds to support our ongoing CSA program, which currently provides 30 weekly deliveries of fresh organic produce to 30 older adults in need. Please call Laura Lee at 527-3482 or email [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com).





## August Birthdays

### Happy Birthday to:

Lee Overton 8/2  
Bonnie Quinn 8/13

Paula Harper 8/6  
Brad Thacker 8/25

### Is Your Swamp Cooler Just Blowing Hot Air?

If your swamp cooler needs a tune-up, contact us. We have volunteers who can help you stay cool!

You make Senior Connections work—your time, your effort, your generous contributions. **DONATE TODAY!**

## Calendar

### What's Happening in the North Fork Valley in August

**Potluck & Movie**—Join us Tuesday, August 29, for a noon potluck at the Paonia Senior Center followed by the film “Romancing the Stone”—See article pg. 2

**Silver Threads Sewing Club**—See article pg. 4

**Here & Now MEDITATION**—Meg O’Shaughnessy facilitates this ongoing group at Paonia Senior Center Thursday mornings 8:30-9:30. All are welcome.

**Paonia River Park Walks** resume every Wednesday 9am. 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

**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** serves hot full meals cooked on the premises Tues and Thurs and a soup lunch on Wed, all 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 noon, fresh and locally-sourced, at Paonia Senior Center: August 3--No lunch; August 10--Berg Harvest & special dessert; August 17 Chrys Bailey; August 24 Sweetgrass; August 31-Chick-a-Pea. Limited to first 20 to register by calling 970/527-3435 or by emailing scmSPAonia@gmail.com. \$5 donation..

**Coffee Klatches** Mondays at 9:30. Guest speakers include Ronna Helene (Webb) presenting her newly-released book on 8/14; Morgan MacInnis, our newest Town Trustee, on 8/28 (tentative; check Senior Center emails!)



## Board of Directors

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Bonnie Eisenberg,

Vice Chair

Jenn Lukesh, Treasurer

Faye Sullivan, Secretary

Marsha Brezonick, Member

Brad Thacker, Member

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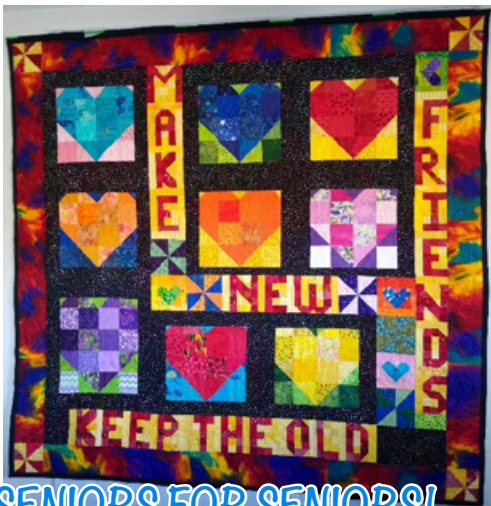
Laura Lee Yates,

Communication Specialist

August  
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### BY SENIORS FOR SENIORS!

Silver Threads Sewing Club has a new initiative—crafting fabric creations to sell at Holiday Art Fairs, including one or two special wall quilts. The project will help fund our annual CSA program through The Living Farm—30 weeks of wonderful organic produce for 30 older adults in need. We meet 2nd and 4th Tuesdays @ Paonia Senior Center, beginning at 1:00. All levels/works-in-progress/UFOs welcome. 2nd Tuesdays: Bring mending/hems, etc. Come join the fun! Facilitated by experienced quilter Connie Hodges & friends. P.S. The swamp cooler will be going...

Questions? 970.527.3482 or Connie @ 970.216.4457

### Ever Feel Like You Don't Fit In Anymore?



Cool off at the Paradise Theater on Thursday, August 10, with the 1961 masterpiece *The Misfits*. Considered one of the best films of the decade, it stars Marilyn Monroe as Reno divorcee Roslyn Tabor, Thelma Ritter as her friendly landlady, Clark Gable as an old-school cowboy, and Montgomery Clift as a bronc-buster.

Times are changing, and rounding up mustangs is no longer about capturing horses to train for ranch work. The film was adapted from a short story by one of Marilyn's husbands, the famed playwright Arthur Miller. It was the last movie made by both Monroe and Gable.

The film, free to seniors, airs at 10AM, and if you sign up in time you can follow it with a catered meal at the Paonia Senior Center by calling 527-3435