

Brain Boosters Training

Did you know that coffee has been shown to improve short-term memory? Or that memory improves after physical exertion? Mindfulness meditation can enhance working memory, and those who practice religion or spirituality have slower rates of cognitive decline.



These are just some of the facts about brain health that you can learn in the online course, "Boost Your Brain & Memory" presented by North Fork Senior Connections beginning **August 13th**,

from 4 to 6 pm and continuing weekly through October 1st. This acclaimed 8 week class from the Mather Lifeways Institute helps participants learn practices that can help them live a healthier lifestyle, remember things better, be more organized, pay closer attention, and regulate their emotions; all of which are practices that have been shown to reduce cognitive decline and the risk of Alzheimer's disease.

Among the activities taught and practiced in the course are physical exercises to improve strength and balance, intellectual activities, nutrition guidelines and suggested recipes, and stress reduction techniques. Tips for improving memory are taught throughout the program. One essential component is the focus on goal setting and follow-through reinforced by group discussion and "homework".

The series will be presented through regular weekly zoom meetings to a small group of 12 participants. The program is free and open to the public. You can register online at the North Fork Senior Connections website: <https://nfseniorconnections.helpfulvillage.com/events/62-boost-your-brain--memory>, send an email to: nfseniorconnections@gmail.com or call North Fork Senior Connections at (970) 527-3482. Pre-registration is required and will be limited so sign up early!

Do you ZOOM?

That may seem like an impolite question, but NFSC is starting to use the ZOOM teleconferencing software to offer events (see above) and remain in contact with our housebound membership in this time of social-distancing and isolation. In one form or another,

either by phone or a mail-in survey, we hope to determine your level of interest and familiarity with digital technology. Do you use a computer or a smartphone? Do you text or use FaceTime to stay in touch with friends or family? Is our website (<https://nfseniorconnections.helpfulvillage.com>) useful or difficult to navigate? Keep an eye (or an ear) out for this survey, coming soon, and let us know your feelings.

Meet John Zachman



There is a new voice answering the phone for North Fork Senior Connections. We are delighted to welcome John Zachman as our new part-time staff member. He and his wife Mary moved to Paonia from Ridgway, Colorado, in 2015 and bought their home shortly thereafter.

John worked as an archaeologist in the field of Cultural Resource Management, working on projects in the American west, the Pacific, and Southeast Asia during a career spanning 22 years. John currently works as a Library Assistant/Adult Services Coordinator for the Paonia Library, and as a Project Assistant with North Fork Senior Connections.

John enjoys hiking and backpacking, camping, kayaking, travelling, and being a husband and step-father to three wonderful human beings. He looks forward to meeting NFSC members and volunteers over the phone and out in the community and getting to know you all.

NFSC Pen Pal Project

It may not be safe to gather together in groups yet, but letter writing can be a reasonable replacement for the loss of socialization. We've connected 12 pairs of pen pals so far in this new project coordinated by Jenn Lukesh and her daughter Zinnia. Letter writing is not a lost art after all and a great way to cheer up someone as well as to encourage someone to put pen to paper to practice skills they will use for a lifetime. Call us at 970-527-3482 or email us at: nfseniorconnections@gmail.com to get involved.

August 2020



NEWS

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Printed by High Country Printing & Graphics in Paonia

August Birthdays

Happy Birthday to:

Lee Overton – August 2

Mary Ellen Anderson – August 27



Calendar

• Boost Your Brain & Memory –

- 8 week series via Zoom. See article. Pre-registration required – 970-527-3482 or email: nfseniorconnections@gmail.com

• Memoir Writing

- Every Wednesday, 1:30 – 3 pm – various outdoor locations or online via Zoom. Contact Yuri Chicovsky at yurichicovsky@gmail.com for more information

• Senior Lunch

- Every Monday, Wednesday, Friday - noon -12:30 pm, pick up at Paonia Senior Center
- Every Monday, Wednesday, Friday - noon - 12:30 pm, pick up at Hotchkiss Senior Center
- Call Debbie at 970-874-7661 for more information or to sign up.

• Valley Organic Lunch Program for Seniors

- Fridays, August 7th & 21st, Old River Road Trading Post, Paonia – call or text Chrys at 970 - 417-2299 to RSVP by the Wednesday before. Pick up between 12:30 to 1:30.

• Caregivers' Support Group

- Thursdays, 1 - 3 pm via Zoom. Contact Dr. Jess Deegan for information and to join the conversation either by computer or by phone. Email: drdeeganii@gmail.com, or phone: 970-510-0724

SAVE PAPER: Would you rather get the newsletter as a PDF in your email? Send an email to Linda at nfseniorconnections@gmail.com, or call 970-527-3482 to request change.