

Finding Solutions to Help Seniors Age in Place

Abundance

In an era when people disagree about way too many things, here's something we can agree on: Nobody should go hungry. 108 billion pounds of food is discarded in our country every year, but here in the North Fork Valley concerned citizens are fighting against that waste.

UpRoot Colorado "works to increase the nutritional security of Coloradans by harvest-



ing and redistributing surplus, nutrient-dense foods while supporting the resilience of farmers." 35-40% of produce goes uneaten each year, but by partnering with Delta County farms the folks at UpRoot are changing the numbers.

Abbey Andersen is the gleaning and food systems coordinator for the local branch of UpRoot Colorado, organizing teams of 5-10 volunteers to harvest good produce left in the fields after the commercial harvest is completed. Now UpRoot volunteers deliver the surplus to food pantries

and to the Paonia Senior Center.



Chris Sullivan and life partner Dana Whitcomb epitomize more of the generosity that makes the North Fork special. Their organic bakery donates their surplus loaves to us at North Fork Senior Connections,

available from our office at the Paonia Senior Center. We also deliver produce to twenty elders through our mini-CSA collaboration with The Living Farm.

To share that abundance, consider sponsoring one of the Thursday lunches that Linda McCone has arranged here at the Paonia Senior Center. Local restaurants who cater the food for twenty diners receive ten dollars per person, while the diners pay \$4. If you can spare \$120 (maybe from your Tabor refund check?) you can help keep this great program going. The Paonia Senior Center can be reached at 970.527.3435. The Hotchkiss Senior Center serves fresh-cooked meals on Tuesdays and Thursdays and welcomes food donations—call 970.872.3494.



Donations from Mountain Oven typically reach the Paonia Senior Center by 11:00 on Tuesdays. UpRoot deliveries vary—feel free to stop by or call us at Senior Connections at 527-3482. Local gardeners often add their own surplus. Let's share the wealth!

DON'T MISS OUR FALL FUNDRAISER!

CHURCH OF CASH
World Class Johnny Cash Tribute



Dig out your best country duds—or just come as you are—to our Fall Fundraiser at Delicious Orchards on Friday, September 16, with music starting at 7:30 featuring the fabulous Church of Cash. Your \$20-per-carload parking donation and \$1 from each draft sale will benefit Senior Connection's work in the North Fork Valley. "Whether you are an old timer that grew up listening to Mr. Cash in your tractor or a young soldier driving your tank across the deserts of the Middle East with the Man in Black in your headphones, the Church of Cash will bring his music, with style and energy, to fans everywhere." Great food for sale. Bring your friends and family—we'll eat, drink, and be merry!

September Birthdays



Happy Birthday to:

Shirley Fulton 9/2 Eileen Keaveny 9/5
Jan Hurlley 9/15 Linda Driscoll 9/16
Laurene Bissell 9/23 Janet Oja 9/23
Elaine Brett 9/30

Neighbor is a Verb!

Mark your calendar: On September 29th from 3:30-7:30 pm at Crawford Town Hall, the Crawford Chamber of Commerce in collaboration with North Fork Senior Connections will be hosting a Volunteer & Resource Fair. Volunteer-based organizations provide essential resources for our community. We plan to see many of our communities' volunteers and organizers at this event and will help to coordinate carpooling. This is the first of many Volunteer Resource Fairs hosted where "For the North Fork, neighbor is a verb." For information please contact Senior Connections.

Thanks to our generous sponsors:



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

Finding Solutions to Help Seniors Age in Place



Film Fun on 9/14

Say farewell to summer with September's Senior Movie "Bye Bye Birdie," a rousing 1963 musical romantic comedy inspired by the phenomenon of singer Elvis Presley being drafted into the United States Army in 1957. Starring Janet Leigh, Dick Van Dyke, Ann-Margret, Maureen Stapleton, Bobby Rydell, Jesse Pearson, and Ed Sullivan, it's a lively romp that will leave you laughing and tapping your toes. On Thursday, September 14, at 10AM, seniors enjoy free admission to the film plus popcorn and a small drink at the Paradise Theater. All Points Transit can provide a ride—contact them ahead at 970.874.7334.

Here and Now Meditation

North Fork Senior Connections is offering a weekly meditation group beginning September 6 through mid-December on Tuesday mornings from 9 -9:45 am at the Paonia Senior Center. Facilitated by Meg O'Shaughnessy, these Here and Now Meditation meetings are an invitation to come home to ourselves and each moment. All are welcome to participate in these inclusive, non-denominational weekly circles. Bring water and whatever will support sitting comfortably, chairs provided. Please contact Laura Lee or Medaina for sign up and accessibility questions at 527-3482.



September 2022



NEWS

Board of Directors

Bruce Woodside, Chair

Bonnie Eisenberg,
Vice Chair

Jenn Lukesh, Treasurer

Betsy Topper, Secretary

Marsha Brezonick, Member

Brad Thacker, Member

Medeina Ryan, Program
Manager

Laura Lee Yates,
Communication Specialist

Printed by High Country Printing and Graphics
Print production by John Valentine

featuring “Agriculture,” (farming, ranching) 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 at noon for \$4. Limited to first 20 to register by calling 970/527-3435 or by emailing scmSPAonia@gmail.com

Fresh and locally-sourced, \$4 donation. 9/1-Blended Table; 9/8-Sweet Grass; 9/15-Simple Cafe; 9/22-Berg Harvest; 9/29-Chick-A-Pea.

Coffee Klatches at the Senior Center, Mondays at 9:30. Guest speakers include Commissioner candidate Dick Gilmore on 9/12; Commissioner Mike Lane on 9/19; Trustee Thomas Markle on 9/26.

Calendar

What's Happening in the North Fork Valley in September

DON'T MISS OUR FALL FUNDRAISER The CHURCH OF CASH @ Delicious Orchards on Friday, September 16 (see article)

Introduction to Meditation begins Tuesday morning, 9/6 (see article “Just Here”)

Gardening with John Valentine: watch for email announcement, dates and topics

Need Tech Help? We're working on a great series of TECH TUESDAY programs—stay tuned!

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes presented by the North Fork EMS: Paonia Senior Center - Tues & Fri at 10-11am Hotchkiss Memorial Hall - Mon & Thur, 9:30 am Crawford Town Hall (Advanced) Tues & Thurs 5:30-6:30 pm

Book Club for Seniors - Monday, 9/19 at 1:30 @ Paonia Senior Center. We'll talk about books