

North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428



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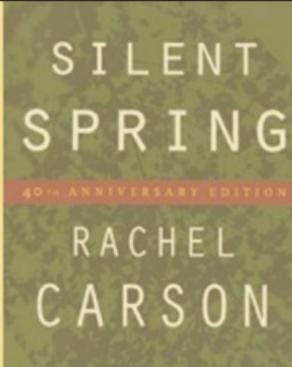
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September
2023

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FREE Event!
donations
welcomed

HISTORY COMES ALIVE!
KATIE KNUTSON PRESENTS:
RACHEL CARSON

American biologist well known for her writings on environmental issues. Carson's prophetic *Silent Spring* (1962) became a best seller, creating worldwide awareness of the dangers of environmental pollution.

WEDNESDAY, SEPTEMBER 6 @ 10AM

JOIN US AT THE BLUE SAGE FOR COMPLIMENTARY COFFEE AND COQUELICOT PASTRIES BY FRENCH PASTRY CHEF CLEMIE BOCA!



NEED A RIDE?



Neighborly Rides is up and running,
with a NEW PHONE NUMBER:
970.527.1735

We are still recruiting DRIVERS (especially from Crawford and Hotchkiss)—please call!

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

North Fork Senior Connections 970-527-3482 info@nfseniorconnections.org

Finding Solutions to Help Seniors Age in Place

Confessions of a People-Pleaser

by Laura Lee Yates

When I first started working for North Fork Senior Connections, I worried that folks would start crossing to the other side of Grand Avenue to avoid me. NFSC is a volunteer-driven nonprofit committed to helping community elders age in place with dignity, which made almost everyone I encountered a potential participant—either as a person who could benefit from our services or as someone who could offer aid to others. But some Americans, advised from an early age to pull-themselves-up-by-their-own-bootstraps (physically impossible), view neighborly assistance as unacceptable charity, while others are way too busy raising a family to make a commitment to help older people they don't even know. But what if it were simply one autumn morning spent in congenial companionship, raking leaves or preparing flowerbeds for winter?

Admittedly I can come across as overly-enthusiastic, so I've learned not to accost total strangers (though I do know a lot of Paonia residents after working at the library for many years...) about helping out at our next Service Saturday, aka Days of Service. As a people-pleaser I certainly don't want anyone to feel bad about turning me down. But the longer I'm part of this organization the more I realize it's an honor and a privilege to make a difference in the lives of others.

"After years of being very limited by chronic illness and fatigue, now that I am beginning to recover I am so very grateful to be able to volunteer!" writes one of our members. "It feels wonderful to finally be able to give something back, after being a recipient many

times of others' kindness...which I have always deeply appreciated." Another woman is excited that she has rehabilitated her health enough that she can soon become a driver for our Neighborly Rides program, providing transportation to those who need assistance getting to appointments and activities in Delta County. Another volunteer, who delivers fresh vegetables to local residents every Friday afternoon as part of our CSA program through the Living Farm, says, "It is not an experience I would want to give up!"

Statistically, volunteering is good for both our physical and mental health. As we age it can help keep our minds sharp and lessen feelings of isolation. But the benefits can begin at any age.

"My three-year-old and I participated in the Spring Service Saturday," reports one father, "and I'm sure we got as much out of it as any of the folks we were supporting with our labors. My son learned important lessons about community service and teamwork, and we both got to bask in the satisfaction of helping our neighbors-in-need!"

So I'm offering you—and perhaps your whole family—the chance to feel just as good by expending one morning of effort to help local elders prepare for winter. Now that our Director Medina Ryan, a Crawford resident, has been with us for a year we're planning "Days of Service" in each of the North Fork communities. Mark your calendars: Paonia will lead off on Friday, October 27, when students from Paonia Experiential Leadership Academy provide young muscles, and continue on Saturday, October 28. The following week elders in Hotchkiss and Crawford will be the recipients of the efforts, when NFSC volunteers winterize their properties on Saturday, November 4.

Special Tour



Join us for a Special Tour of the

Paonia Museum & Potluck Picnic

Tuesday 9/19 at 5pm

Celebrate the North Fork's bounty & history
Need directions or info? Call 527-3482



Thanks to our generous sponsors:



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

Brassy and Bittersweet One of the greatest musical films ever made, the Paradise Theater's free Senior Movie on Thursday the 14th is "Funny Girl" (starting at 9:30AM because it's long at 149 minutes.) Barbra Streisand makes her Academy Award-winning screen debut as Fanny Brice, comedienne and star of Broadway and film, who falls for gambler Nicky Arnstein, played by Omar Sharif. "People" and "Don't Rain on My Parade" are two of the more famous songs, but you don't want to miss "His Love Makes Me Beautiful" performed hilariously by Fanny and the Follies Ensemble—or the roller skates. Enjoy free popcorn and



and a fountain drink to tide you over, then—if you've planned ahead and made a reservation by calling 527.3435—waltz over to the Paonia Senior Center for a \$5 catered lunch: what a deal! Transportation can be arranged by calling All Points Transit at 874-7334.

September Birthdays

Happy Birthday to:

Eileen Keaveny 9/5
Linda Driscoll 9/16
Janet Oja 9/23

Jan Hurley 9/15
Laurene Bissell 9/23
Elaine Brett 9/30



September Calendar

What's Happening in the North Fork Valley in August

Potluck Picnic at the Paonia Museum—September 19th at 5pm outdoors—SEE ARTICLE.

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

Ongoing Book Club "Women Rowing North" continues for those already enrolled in Hotchkiss at 10AM on September 12 and Paonia at 2PM on September 19.

Let's Get Together & SEW! Silver Threads Sewing Club, 2nd & 4th Tuesdays @ Paonia Senior Center at 1:00. All levels/works-in-progress—we're working on a great project! MENDING accepted second Tuesday each month. Facilitated by experienced quilter Connie Hodges & friends. Questions? 970.527.3482 or Connie @ 970.216.4457

Paonia River Park Walks 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: Sept 7--Sweetgrass; Sept 14--Zach's BBQ; Sept 21 Rio Bravo; Sept 28 Berg Harvest. Limited to first 20 to register by calling 970/527-3435 or by emailing scmspaonia@ gmail.com. \$5 donation.

Coffee Klatches Resuming September. (Tentative; check Senior Center emails!)