

Finding Solutions to Help Seniors Age in Place

## Delicious Orchards Fun-Raiser



Delicious Orchards has been hosting a series of benefit concerts for local non-profits on Friday nights all summer long, and it was Senior Connections turn on September 16 to become the beneficiary. Church of Cash, a terrific Johnny Cash tribute band, rocked the venue and had the crowd dancing, young and old alike. NFSC raised over \$700 in donations, and we had a great time doing it. Thank you, Big B's (and patrons) for your generosity!



Johnny & June (aka, NFSC volunteers Nick & Joanie), working the gate.

*By now you should have received your copy of our Annual Report along with a donation card. Help us continue to provide needed services to our seniors - mail in your contribution today!*

HOPEWEST OF DELTA COUNTY  
**MENDING HEARTS**  
 GRIEF SUPPORT GROUP



**Mending Hearts** is a non-denominational support group that will be offering education and strategies for dealing with the loss of a loved one. This **FREE** program will take place every Friday, October 21 through November 18, from 2:00 to 3:30 pm at the Paonia Senior Center. For additional information, contact Claire at (970) 914-2047 or Cdauwe@HopeWestCO.org.

## First Volunteer Fair

NFSC Program Manager Medei-na Ryan helped organize the first North Fork Volunteer Fair, a gathering of local service agencies and non-profits held on the afternoon of Sept. 29 at the Crawford Town Hall. It was an opportunity to greet the public and let them know what we do as well as discovering how others are giving back and opening the possibility of forming collaborative relationships. All in all it proved to be a successful inaugural event that will hopefully become a recurring local tradition.



October 2022



NEWS

## Board of Directors

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## October Birthdays



Happy Birthday to:

Tom Backhus (10/1)	Alfredo Gonzales (10/15)	Jess Deegan (10/19)
Bob Sapena (10/2)	Cheryl Irwin (10/25)	Walt Wright (10/21)
Linda Wright (10/4)	Diana Yourell (10/27)	Marsha Brezonick (10/23)
Rob O'Donnell (10/12)	Jenn Lukesh (10/16)	Judy Smith (10/24)
Robyn Johnson (10/15)	Zinnia Bender (10/16)	Linda McCone (10/26)

## Calendar

### What's Happening in the Valley in October

**Introduction to Meditation** New classes, Tuesday mornings, 8:45 to 9:30 at the Senior Center.

**LWV Election Issues Forum** 9:30 am Oct. 10, the League explains issues on the November election ballot.

**Mending Hearts** FREE Grief Counseling support group starting October 21. See pg. 1 for details.

**Service Friday & Saturday** October 28/29: watch your mail for details & requests.

**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, 10/17 at 1:30 @ Paonia Senior Center. We'll talk about books dealing with "Utopia & Distopia".

**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.

**Coffee Klatches** at the Senior Center, Mondays at 9:30.