

## Aging Creatively

Mark your calendars for four Thursdays in September! Thanks to a grant from Next50 Initiative, A.V. Hunter Trust, and West Elk Community Foundation, a collaboration of local nonprofits will provide a series of great senior activities, each followed by a healthy gourmet meal and all free of charge. All activities and lunches take place at the Paonia Senior Center (except for the movie).

### GENTLE THERAPEUTIC MOVEMENT



Discover new ways of moving on September 2, when long-time yoga instructor Phyllis Swackhamer begins our series of first-Thursday exercise classes. Even if you have challenges with knees, hips, or flexibility, these movements can help rebalance muscles through strengthening and stretching. Most movements

are done seated in chairs, while some standing postures use the chair for support. Seated postures could be done from a wheelchair.

### MOVIES IN THE MORNING



This month's SENIOR MOVIE at the Paradise Theater on September 9th features Doris Day starring in "Calamity Jane", a 1953 musical. Deadwood in the Dakota Territory is largely the abode of men, where Indian scout Calamity Jane is as hard-riding, boastful, and handy with a gun as any. But the army lieutenant she favors doesn't really appreciate her finer qualities. The movie is free and starts at 10:00 am at the Paradise Theater for those 60+. To make a reservation for a ride to the theatre, call All Points Transit at 970-874-7334.

### DEVELOP YOUR ARTISTIC SIDE

Explore ART on September 16 with Photo Collage led by Mary Gndt & Elsewhere Studios. Photographs of your life & past generations will create a personal narrative about how those who came before us shaped our lives. The process of collage will require simple skills of making Xerox copies, cutting, gluing and assembling a journal. Some supplies needed include: scissors, acid free glue stick, mat board, decorative papers.

### PLAY GAMES

Kick off Mountain Harvest with a lively morning of GAMES on September 23. Whether you're a card fiend, excel at Trivial Pursuits, or prefer to learn something new, we'll have lots of fun options. Afficionado Lynn Mattingly & others will be on hand to teach some exciting games to add to your repertoire. Or bring an old favorite to share!

To reserve a healthy gourmet lunch served at the Paonia Senior Center following the activities, email Sunshine at:

[director@paradiseofpaonia.com](mailto:director@paradiseofpaonia.com)

by the Friday before - meals are limited to the first 20 signups! (If you can't get through, reach out to us at NFSC.)

## BURY ME GREEN

Who knew a morning with folks talking about burial would be not only fascinating but uplifting?

Seven individuals have banded together with a common purpose — the creation of a green burial preserve in the North Fork Valley. All ardent environmentalists, these aren't impractical dreamers but instead are thoughtful and informed, bringing a diverse set of skills to the table. The group includes a retired attorney, a Hope West Hospice chaplain, a web designer, a cemetery manager, a career writer with a background in social work, a certified Death Midwife, and NFSC's own board chair. (Cont'd on back page)

September 2021



NEWS

### Board of Directors

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## September Birthdays

### Happy Birthday to:

Shirley Fulton – 9/3  
Eileen Keaveny – 9/5  
Kristin Osmar – 9/5  
Susan Shoemaker – 9/12  
Linda Driscoll – 9/16  
Laurene Bissell – 9/23  
Janet Oja – 9/23  
Elaine Brett – 9/30

(Cont'd) According to the Green Burial Council, a conventional burial with its use of hardwoods, embalming fluid, concrete, and metals produces 250 lbs. of carbon, while a green burial sequesters 25 lbs. “Many people prefer the clean simplicity of a shroud, or a cardboard or untreated pine box as was in use not so long ago,” one member stated, “rather than embalming and the use of non-biodegradable materials. More people want to be as environmentally-conscious about what happens to their remains as they do about their actions during their life.”

The local task force, which has been meeting since spring, plans to offer “wrap-around care,” with pre-death planning, post-death care of the body, memorial services and navigation of paperwork. With Bethlehem Cemetery full and Cedar Hill nearly so, the committee is seeking “enough land to be a major preserve with trails open to the public, a portion of which would be a green burial place in perpetuity.” Handicapped access and affordability are part of the concept, as well as the opportunity to connect with nature. Most green burial cemeteries rely on a reciprocal relationship with land trusts, providing tax credits to the landowners, protecting water, soil, and wildlife, and ensuring an easement so the land is never developed. If interested, consider attending the presentation at the Rotary Club on Sept. 16 at 12:30.

## Calendar

- **NFSC Walking Club** - 9am Wednesdays at Paonia River Park
- **Aging Creatively (see article)** - Thursdays at 10 am – Paonia Senior Center, 106 3rd St
- **Senior Book Club** - Monday, September 20, at 1:30, Paonia Senior Center—space limited. For a good laugh we’ll discuss the books we read in the “Humor” category. Call @ 970.527.4914
- **Senior Lunch** - call Debbie at 970-874-7661 for more information or to sign up. Mon, Wed & Fri pick-up at noon – Paonia & Hotchkiss Senior Centers
- **Caregivers’ Support Group** - Thursdays, 1 – 3 pm via Zoom. Contact Dr. Jess Deegan for information at 970-510-0724 or drdeeganii@gmail.com
- **Write Your Life: Memoir Writing** - Wednesdays at 1:30 beginning Wednesday, September 8th @ Paonia Senior Center. Contact Yuri Chicovsky at yurichicovsky@gmail.com for more information.
- **Rotary Club** - September 16: “Establishing a Green Burial Preserve in the North Fork Valley.” presentation begins at 12:30 at Paonia Town Hall on Grand Avenue.