

Finding Solutions to Help Seniors Age in Place

A Season of Gratitude

*With so much dark news in the world it's wonderful to focus on something positive. The word "gratitude" comes from the mid-1500s - though surely the concept is much older - with the Medieval Latin **gratudinem**, meaning "good will" and "thankfulness." So this is an opportunity to appreciate the people who make our work possible:*

- Every Service Saturday volunteer who gave their time to help local seniors age in place.
- Dr. Emily Wassell, the teachers, staff, and fabulous kids at the Paonia Experiential Leadership Academy who made our "Service Friday" on a rousing success. Some of these special kids were also instrumental in spring's "Crossing the Generational Divide."
- Lauren Thliveris and her great crew at Berg Harvest, who generously supplied delicious pizzas for our October "Days of Service."
- Chris Sullivan and the superlative bakers at Mountain Oven, who supply us with scrumptious organic sourdough breads to help combat food insecurity.
- Abby Anderson and the gleaners from Up-Root Colorado and Colorado Farm & Food Alliance who supply us with freshly-harvested produce, enabling us to disperse fruits and vegetables to local elders at no charge.
- Jay Bagley and head roaster Jacob Bower for providing Senior Connections and the Paonia Senior Center with yummy Rubicon Coffee.
- The generous folks who delivered our Mini-CSAs from The Living Farm, week after week, with a special shout-out to coordinators Debbie Kimball and Jeff Skeels.
- All the kind bakers who've supplied treats for our members throughout the year.
- John Valentine, who shares both his Master Gardener expertise as well as his technological gifts by formatting our newsletters.
- Volunteers who manned our tables at outreach events, with special thanks to Joany Hunt and Nick Lypps who helped make our Delicious Orchards fundraiser with "The Church of Cash" extra-special.
- Teacher Jodi Simpson of Paonia Elementary School who inspired her youngsters to craft wonderful holiday cards for our members.
- The Western Slope Conservation Center, especially Julie Sapena and Karen Tarnow, who help get seniors outdoors in nature.
- All of our talented selfless facilitators, trainers and coaches for activities sponsored by Senior Connections.
- Kid's Pasta Project, especially Moni Slater, Hilary Stein, and all the great kids who cook, serve, and clean, for organizing this year's summer fundraiser, hosted by James and Carol Schott.
- And last but certainly not least: our individual donors and the amazing organizations who have generously supplied grant funding to make our work possible: Anschutz Family Foundation, NextFifty Initiative, Western Colorado Community Foundation, Rocky Mountain Health Foundation, West Elk Community Fund, El Pomar Foundation.

We couldn't do it without you!

North Fork Senior Connections

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Days of Service - October 28th & 29th

Bringing together volunteers in small teams to help our seniors with seasonal chores.



This year we tried something a little different. With the aid of Dr. Wassell, staff, teachers, and students at PELA, we extended Service Saturday into the preceding Friday afternoon, raking leaves and cleaning gutters.

Service Saturday

October 29, 2022



A huge THANK YOU to young and old alike who turned out on these crisp and cold autumn days to lend a helping hand and form a warm circle of community connections!



Photo credit: Bronnie Barry

November 2022



NEWS

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November Birthdays



Sarah Bishop - 11/2	Lyn Howe - 11/9
Kathy Baes - 11/5	Judy Lafferty - 11/9
Tess Backhus - 11/5	Randy Campbell - 11/15
Katie Gnauck - 11/6	Bonnie Eisenberg - 11/21
Steve Smith - 11/8	Jean Flotho - 11/26

Calendar

What's Happening in the Valley in November

Blue Sage Center for the Arts 25 lucky seniors need only call the Blue Sage Center for the Arts at (970) 527-7243 to attend a cello & harp-sichord concert featuring Ka-Wai Yu and Jonathan Lee on Saturday, November 12, for FREE. Don't just leave a message: talk to a real person!

Here and Now Meditation Every Tuesday, 8:45 - 9:30 AM through mid-December at the Senior Center. Facilitated by Meg O'Shaughnessy, sessions last for 45 minutes. For sign-up and accessibility questions, contact Laura Lee or Medeina at 527-3482.

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

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 Locally sourced. \$4 donation.

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