

*Finding Solutions to Help Seniors Age in Place*

**October 2020**

## Volunteers - The Heart of Our Community

When Vernon, Florida was hit with flooding from Hurricane Sally, volunteers from the community, led by the high school principal, helped neighbors to safety. On the other side of the country, 50 residents of Bonney Doon, a town evacuated due to the fires near Santa Cruz, CA, stayed behind to help fire fighters save homes. Closer to home, when the Delta County Memorial Hospital foundation asked for volunteers to make masks for health workers and first responders at the beginning of the Covid-19 pandemic, volunteers throughout the county got out their sewing machines and went to work. Many more donated fabric and supplies.



Volunteers with North Fork Senior Connections have stepped up to help deliver fresh vegetables and bread to seniors weekly since June 1st. On a Sunday in September, eleven vol-

unteers showed up to help load, deliver and stack three cords of donated wood. And on Service Saturday, a twice-yearly event, volunteers throughout the North Fork come together to help North Fork seniors with seasonal chores.



As we go into the fall with the corona virus pandemic a continued presence threatening the health and livelihood of our communities, your service to your neighbors is more important than ever. As Kofi Annan, former Secretary General of the United Nations said, "If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers

more than ever." Be the change you want to see in your community and volunteer to help your neighbor.

Join us for Service Saturday on **November 7th** at Paonia Town Park. This year, mindful of the need for social distancing to keep people safe, we are encouraging groups of people who already work or socialize together to volunteer as a "pod" or "bubble". We will identify the households needing assistance and can provide some equipment to the teams. Rather than a group lunch, we will provide box lunches at noon as our thank you for a job well done.

Service Saturday will "kick-off" at **8:30 am on Saturday, November 7th in Paonia Town Park, 700 4th St, Paonia**. So get your pod together and sign up at:

**[nfseniorconnections.helpfulvillage.com](http://nfseniorconnections.helpfulvillage.com)** and meet us at the park. This will be the most fun and satisfying work you've done since . . . well, since last fall's Service Saturday! For more information or to sign up, call (970) 527-3482 or email us at: [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com). Seniors who could use some help with outdoor chores can call us at 970-527-4382 or email with your request.

## Movies in the Morning



The popular Senior Movie program at the Paradise Theater in Paonia continues in October with the comedy/musical "At War with the Army" starring Dean Martin and Jerry Lewis. Senior Movies at the Paradise offers seniors 65 and older free admission to the theater, and to get you to the show, **All Points Transit** is offering 4 seats to moviegoers. Call the Paradise Theater at 303-984-4788 to reserve your theater seats or **send an email to:**

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

Call All Points Transit 970-874-7334 to get one of the four open spots.

## October 2020



## NEWS

### Board of Directors

Randy Campbell, Chair  
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## October Birthdays



### Happy Birthday to:

Tom Backhus – Oct 1	Zinnia Bender – Oct 16
Bob Sapena – Oct 2	Jess Deegan – Oct 19
Linda Wright – Oct 4	Walter Wright – Oct 21
Rob O'Donnell – Oct 12	Marsha Brezonick – Oct 23
Glenna Sieracki – Oct 15	Cheryl Irwin – Oct 25
Robyn Johnson – Oct 15	Linda McCone – Oct 26
Jenn Lukesh – Oct 16	Diana Yourell – Oct 27

## Calendar



### History Comes Alive: Abigail Adams

The Blue Sage Center for the Arts is sponsoring this short play at the Paonia Town Park on Tuesday afternoon, Oct 6th at 2 pm. Jessica Downing-Ford plays Abigail Adams. Admission is free to those over 60 but donations are gratefully

accepted. Bring your own chair and prepare to wear a mask when not seated. Enjoy this slice of history in the fresh air with your neighbors and friends (socially distanced, of course). See you there!

### • Movies in the Morning

“At War With the Army” Thursday, Oct 8, at 10 am at the Paradise Theater in Paonia. Seniors 65+ only. Call 303-984-4788 to reserve your seat.

### • Memoir Writing

Every Wednesday, 1:30 – 3 pm – various outdoor locations or online via Zoom. Contact Yuri Chicov-

sky at [yurichicovsky@gmail.com](mailto:yurichicovsky@gmail.com) for more information

### • Senior Lunch

- Every Monday, Wednesday, Friday – pick up at Paonia Senior Center at noon.
- Every Monday, Wednesday, Friday – pick up at Hotchkiss Senior Center at noon.

Call Debbie at 970-874-7661 for more information or to sign up.

### • Valley Organic Lunch Program for Seniors

- Every other Friday in September - Old River Road Trading Post, Paonia – call or text Chrys at 970-417-2299 to RSVP by the Wednesday before. Pick up 12:30 to 1:30.

### • Caregivers' Support Group

- Thursdays, 1 – 3 pm via Zoom. Contact Dr. Jess Deegan for information and to join the conversation either by computer or by phone. Email: [drdeeganii@gmail.com](mailto:drdeeganii@gmail.com) or phone: 970-510-0724