

## December 2022



## NEWS

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## Hotchkiss for the Holiday!



If you'd like to gather with other North Fork folks for a holiday feast, Larry Jakubiak once again spearheads a community celebration of the season on December 25th. Ham, smoked turkey, and all the trimmings will be served from 11-2 at the Hotchkiss Senior Center. If you need a meal delivered please let us know, or if you'd like to help with preparations, serving, or cleanup call Larry at 970 260 9628.



## Remembering Those We Love

Hope West Delta County, in conjunction with Taylor Funeral Service, has created a wonderful tradition of remembrance for those we've lost. Gather with family, friends, and community to light the evening and celebrate the holiday season. Enjoy music, poetry, and togetherness as we cherish the memory of loved ones. 6pm on December 8th at Taylor's in Delta.

Thanks to our generous sponsors:



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

Finding Solutions to Help Seniors Age in Place

## Aging With Oomph!

Nobody ever said growing older is easy, but it *can* be done with grace and enthusiasm. If you had the chance to attend the North Fork Senior Connections program “Crossing the Generational Divide” in June you heard lively elders from our local communities speaking with teens, which made one thing clear: seniors have a lot to offer. But for most of us, successful aging takes effort.

When asked about the secret to her continued vitality, Marjorie True responded, “Genetics—Dad made it to 93, Mom to 95!” But not all of us are blessed with inherited longevity. 82-year-old Marjorie further revealed she’s always lived an active and healthy life (except for a long-ago bout of smoking...) with yoga, walking and gardening keeping her fit. Now she’s a regular attendee of the SAIL classes presented by North Fork EMS—maybe that’s why she was able to be an active participant in our Service Saturday at the end of October, helping other local seniors prepare for the upcoming winter.

A hospice nurse until ten years ago, Marjorie now volunteers in respite care for Hope West, serves on the board of the Hotchkiss-Crawford Historical Society where she organizes the docents, and is part of the food prep team for the Abraham Connection in Delta. “Find a support system—whether it’s family, or friends or an organization,” she advises.

Octogenarian Claudia King partying with North Fork Senior Connections and the band “The Church of Cash” at Delicious Orchards fundraiser



“Stimulate yourself with various activities” and “develop relationships that provide caring and emotional involvement.”

Another perennial Service Saturday volunteer, 83-year-old Bob McHugh credits his vitality to “eating the right stuff and exercising.” Despite a health crisis a few years ago

Bob completes a regimen of stretches and rides his bicycle every day. Active as a realtor, he serves on the Rotary (including helping with highway cleanup) and provides educational programs for various senior facilities, as well as shoveling snow each year for a less-robust Paonia senior. Bob’s recommendation: “Don’t give up—and don’t have ‘I’m getting old’ at the forefront of your mind. And no whining!” Watch for notification in the new year of his local presentation about travels to Machu Picchu.

Born in Delta County the same year, 83-year-old Claudia King is a force of nature. “None of my family are here, but this is still where I want to live!” She avows that fitness is the key to her vigor, with hiking, gardening and skiing among her outdoor activities: “When you reach age 75 you can get an unlimited season pass at Powderhorn for only \$29!” As far as volunteering: “Anywhere I go I try to help, but I’m passionate about scholarships for women.” Watching her robustly raking leaves on Service Saturday is an endorsement for Claudia’s advice: “Pay attention to your diet—I try to flush the sugar—regular sleep, and hydration.” It definitely works for her!

## Senior Movie Returns!

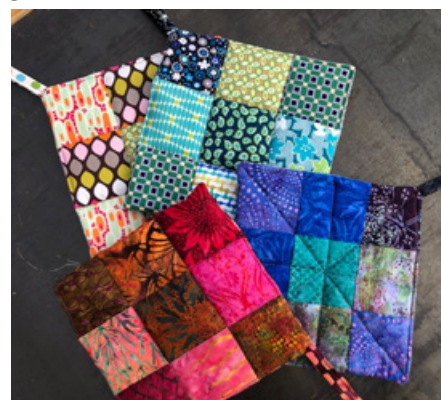


Michael Cooper of our local Paradise Theater reports that “several community members and one major angel donor” have financed the repair of the projector—so the FREE Thursday Morning Senior Movie will return December 8 at 10AM! Finally they’re able to show “Bye Bye Birdie!” (originally scheduled for September...)

This rousing 1963 musical romantic comedy was inspired by the phenomenon of singer Elvis Presley being drafted into the United States Army in 1957. It stars Janet Leigh, Dick Van Dyke, Ann-Margret, Maureen Stapleton, Bobby Rydell, Jesse Pearson, and Ed Sullivan in a lively romp that will leave you laughing and tapping your toes. Seniors enjoy free admission to the film plus popcorn and a small drink at the Paradise Theater. All Points Transit can provide a ride—contact them ahead at 970.874.7334.

## Make the Season Brighter

This December, Lynn Mattingly will lead two FREE wonderful workshops to make the holidays more festive. On Tuesday, December 13th, join us at 1:00 at the Paonia Senior Center when we each make a colorful Patchwork Potholder, suitable for gift-giving or to protect your own hands. Lynn will generously supply all the fabric—rainbow brights or 60s prints—and batting, and we’ll have several sewing machines available. We’ll have fun!



At 1:00 on Tuesday, December 20th, we’ll celebrate the Solstice by learning to craft origami boxes that beautifully cover a string of lights—even if you’ve struggled with origami in the past, you can do

this! Together we’ll create a glorious decoration to illuminate the Senior Center, and you can fold more at home to brighten your own space. We’re seeking a generous sponsor to defray the cost of materials, so please contact us if you’d like to help enliven the Senior Center for years to come.

## December Birthdays



Steve Lyons 12/1  
Barbara Deutsch 12/9  
Bronwen Barry 12/19  
Viva Kellogg 12/28

### Happy Birthday to:

Mary Reid 12/7  
Dianne Gonzales 12/12  
Geoff Levens 12/27  
Terry Randall 12/31

## Calendar

What's Happening in the North Fork Valley in December

**COME VISIT US!** North Fork Senior Connections will be open OUTSIDE the Paonia Center in conjunction with the Holiday Art Fair on Saturday, December 3, from 10-2, serving free home-baked cookies and hot Was-sail (spiced apple cider with whipped cream.) Let's celebrate together!

**HOLIDAY CRAFTING** with Lynn Mattingly. Tuesday, December 13th, at 1:00: Making a colorful Patchwork Potholder. Tuesday, December 20th, at 1:00: Creating a magical Origami Light String. (See article with photos)

**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, December 19, at 1:30 @ Paonia Senior Center. We'll talk about our choices of "Books Written for Young Readers," including early picture books, "Juvenile" books, or longer tales for young adults. Since many of these are short, read something new AND bring a favorite from your own childhood. As always, choose fiction or nonfiction.

**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 Chircovsky, 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. 12/1- Kathy Swartz; 12/8-Simple Cafe; 12/15-Sweetgrass; No holiday lunches Merry Christmas!

**Coffee Klatches** at the Senior Center, Mondays at 9:30. Guest speakers include Delta Health Board President Jean Ceriani on 12/5; End of Life Concerns Specialist Carolyn Ringo on 12/12.