

## Service Saturday - Nov. 7



Make some time this week to help your older neighbors to stay in their homes. Join other volunteers for North Fork Senior Connections' **Service Saturday** on **November 7th**. This twice-yearly event brings together volunteers to help older neighbors with seasonal chores. This year, we are encouraging groups of people who already work or socialize together to volunteer as a team. We will identify the households needing assistance and can provide some equipment to the teams. There will be 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 team together, sign up at:

[nfseniorconnections.helpfulvillage.com](https://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)

## Spotlight on Volunteers - Larry Ribnick

Volunteers are essential to NF Senior Connections as well as the North Fork community. One of these essential individuals is Larry Ribnick who has been with Senior Connections since the start when the group was "Aging in Place" and later when we were a part of "A Little Help". Early on, Larry recognized the value of the multi-generational programs and events sponsored by these organizations as good for all involved, seniors as well as volunteers.

NFSC's goal of keeping people living in their own homes is one Larry shares as he, and his partner, Cheryl Irwin, experience the challenge of aging. "Senior Connections has helped us to remain in our home as well", he says.

Larry has been volunteering in a variety of ways since his retirement. His background in social work led him to remain involved in the community in Crawford, where he has been active with the library, the North Fork Ambulance Association and his homeowner's association. Larry is also an integral part of several men's groups - both local and regional. Volunteering, says Larry, "gets me in touch with people I ordinarily would not meet or get to know which brings a level of expansion to my life - knowing a wider group of people."

When asked to recount a story from his volunteer experience that was particularly memorable, Larry described how, in the course of helping an elder NFSC member, he was able to sit down and have a long conversation with him. "I learned more about him and his life than I had known and it was very gratifying to me to have a senior talk about himself and spend time reminiscing, which is such a human need. I was very happy to have that opportunity, [and] it made me recognize that elders are often dismissed or put down for their frailties and are not honored, as they should be, for their wisdom."



Does he have advice for other volunteers? Larry says, "Don't be in a hurry! Take the time to get to know the person you're helping, the people you're working with. The value of volunteering to me is in the relationships." Should you run across Larry in town or at some NFSC events, take some time to get to know him. You'll be richer for the experience.

November 2020



NEWS

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## November Birthdays

### Happy Birthday to:



|                        |                        |
|------------------------|------------------------|
| Sarah Bishop – 11/2    | Judy Lafferty – 11/9   |
| Kathy Baes – 11/5      | Lyn Howe – 11/9        |
| Tess Backhus – 11/5    | Randy Campbell – 11/15 |
| A. Paul Douglas – 11/5 | Faye Kimball – 11/16   |
| Katie Gnauck – 11/6    | Jean Flotho – 11/26    |
| Steve Smith – 11/8     | Pam Archer – 11/28     |

## Community Support Program Opens November 1st



Senior Connections will partner with the Town of Paonia to provide individual assistance through the Coronavirus Aid, Relief, and Economic Security (CARES) Act to residents of the 81428 zip code whose income or employment has been affected by COVID-19. Eligible expenses include utility assistance, rent or mortgage assistance, or food assistance in the form of gift cards/certificates to City Market, Don's or Indigo Autumn. From November 1, 2020 through December 30, 2020 applications will be available on Senior Connections' website and at Paonia Town Hall. Send completed applications to NFSC, PO Box 1738, Paonia, 81428. Dollars will be released on a first come, first served basis.

## Calendar

### • Service Saturday

Nov 7th, Meet at 8:30 am at Paonia Town Park. See article for more information.

### • Memoir Writing

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

### • Valley Organic Lunch Program for Seniors

- Every other Friday in November - 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