

*Finding Solutions to Help Seniors Age in Place*

**December 2020**

## Service Saturday - A Multigenerational Event



Despite the cold and the rain, fifty volunteers turned out to help their older neighbors with seasonal chores on November 7th for NFSC's Service Saturday. They raked leaves, washed windows, trimmed bushes, cleaned gutters and stored swamp coolers for 24 households in the North Fork Valley. The response from recipients was gratitude for the diligence of the helpers and pleasure at the chance to interact, even at a distance of course, with the volunteers.

New and long-time volunteers with the organization worked in small groups or "pods" with people they

were used to being around to minimize the risk of contracting Covid-19. The ranks were swelled by the addition of a large group of students from the Hotchkiss High School Honor Society and Student Council as well as students from the Paonia Experiential Learning Academy (PELA). Seeing the young people was extra special as so many elders have been isolated from their community during this pandemic.

Among the comments from beneficiaries: "We were the recipients of help from four wonderful young people from HHS. They cleaned our many windows in short order. This they did in the rain!" "Those girls did such a good job raking the leaves and I only wished I had been able to talk to them longer." "It was a delight to watch the young men washing our windows and making such an effort to get at the hard to reach spots.



Thank you to everyone who helped with this endeavor.



## Service Requests Restricted

As the number of Covid-19 cases rise in Delta County Senior Connections will limit service requests to avoid exposing volunteers and receiving members to the virus. We will continue to post requests for outside tasks such as yard work and snow shoveling as well as requests for errands such as delivering groceries, or friendly phone calls and outdoor walks. Please remember to maintain social distancing, wash your hands frequently and wear face masks around others. We want you all to stay healthy!

December 2020



NEWS

## Board of Directors

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## December Birthdays

### Happy Birthday to:



Steve Lyons – 12/1	Roger Baril – 12/18
Craig Coleman – 12/4	Bronwen Barry – 12/19
Mary Reid – 12/7	Robert McHugh – 12/29
Dianne Gonzales – 12/12	Terry Randall – 12/31

## Calendar

### • Giving Tuesday - December 1st

The national day set aside for donation to non-profits and other charitable community organizations. Remember to put NFSC on your Christmas gift list.

### • 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.

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

### • Valley Organic Lunch Program for Seniors

- December 4th - 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

## CARES Act Community Support Program Ends



During the month of November, Senior Connections partnered 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 had been affected by COVID-19. Eligible expenses included utility assistance, rent or mortgage assistance, or food assistance in the form of gift cards/certificates to City Market, Don's or Indigo Autumn.

As the administrators for the program, North Fork Senior Connections announced that the fund has been fully expended as of November 20th, and we will no longer be able to accept applications. Thank you to all who participated. It was our pleasure to provide this support on behalf of the town.