

Finding Solutions to Help Seniors Age in Place

Service Saturday & The Two-Way Street

November 6 dawned sunny and cold: perfect weather for the 48 volunteers who performed seasonal chores for 22 North Fork senior households. With their swamp coolers stored, gutters cleaned, leaves raked and windows washed, those seniors are ready for winter. Kathy Edwards was among the homeowners



who benefited, a perfect example of the Two-Way Street: she's also a valuable volunteer with North Fork Senior Connections, especially as a driver and friendly visitor. During this interview, someone else mentioned that one of our NFSC members, who was at the Paonia Care Center while she recuperated from West Nile, was missing her little dog. Kathy immediately volunteered to pick up the dog and transport it so the two could visit.

"I've made a lot of friends through NFSC, both people I met through driving them to appointments—though when Covid hit that stopped—as well as other volunteers and staff," Kathy explains. "Whenever I volunteer I get so much back. Not just the warm fuzzy feeling—I get to meet interesting people."

And goats. Each spring Kathy Edwards also volunteers to bottle-feed kids for local farm-

stead Western Culture. Earlier in her life, Kathy led guided hikes for ten years at Roxborough State Parks for the Colorado Fish & Wildlife service, and still substitute-teaches for students 2nd-grade through high school.

But when she had shoulder and hip replacements, then an emergency appendectomy, Kathy found herself on the receiving end. Folks from North Fork Senior Connections rallied to aid in her recoveries. Recently, longtime NFSC volunteer Dave Knutson installed a "doggie-door"



so Kathy's own canine companion can let himself in and out. Kathy re-

minds us all that generosity works best of all when it goes both ways. You can enjoy some of her homemade peanut brittle when NFSC joins Paonia's Holiday Festivities on Saturday, December 4, between 10 and 2 with a booth outside the Paonia Senior Center. Stop by!

Senior Movie in December

The December Senior Movie on the 9th is the classic "Holiday Inn," starring Bing Crosby and Fred Astaire.



"Five Wishes" – An Advanced Directive Workshop

Thursday, December 9, at 5pm, NFSC hosts a workshop at the Paonia Senior Center with Carolyn Ringo and Jean Ceriani, who will aid individuals in filling out "Five Wishes," a legal advanced directive document detailing end-of-life decisions about care. Carolyn is a death midwife and home funeral guide and Jean spent her career as a physicians' assistant and is currently on the board for Delta Health. Let's make our final wishes known!

December 2021



NEWS

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Calendar

What's Happening in the North Fork Valley in December

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes:

Paonia Senior Center – Tues & Fri at 10 am
Hotchkiss Memorial Hall – Mon & Thurs at 10 am
Crawford Town Hall (Advanced) Tues & Thurs 5:30 pm

Aging Creatively! Thursdays 10 am – Paonia Senior Center, 106 3rd St

Dec 2 – Healthy Steps exercise with Liz Bucy

Dec 9 – Senior Movie “Holiday Inn” at the Paradise Theater

Dec 16 – Photo Collage with Mary Gndt

All activities are followed by a catered lunch at noon. Reserve your spot by calling (970) 527-6610 – limited to 20!! To make a reservation for a ride, call All Points Transit at (970) 874-7334.

Workshop on Advanced Directives – Thurs, Dec 9 – at 5 pm, Paonia Senior Center (see article for details)

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December Birthdays



Happy Birthday to:

Steve Lyons – 12/1	Craig Coleman – 12/4
Diana McFarland – 12/5	Mary Reid – 12/7
Dianne Gonzales – 12/12	Bronwen Barry 12/19
Juliana Weiser – 12/28	Bob McHugh – 12/29
Terry Randall – 12/31	



As 2021 comes to a close, many of us take the opportunity to share our abundance with others (and take a tax break!). NF Senior Connections is a 501(c)3 non-profit so your donations are tax deductible. We'll put your gift to good use!

Paonia's Holiday Festivities Sat, Dec 4, 10-2, with a booth outside the Paonia Senior Center
Senior Book Club – Monday, Dec 19, 1:30 pm at the Paonia Senior Center

NFSC Weekly River Walk – Wednesdays at 9 am, meet at the Paonia River Park gazebo

Write Your Life-Memoir Writing Wednesdays at 1:30. For more information contact Yuri Chivovsky at yurichivovsky@gmail.com

Senior Lunch – Mon, Wed & Fri pick-up at noon – Paonia & Hotchkiss Senior Centers. Call Debbie at 970-874-7661 to sign up or for more information

Caregivers' Support Group Thursdays, 1 – 3 pm via Zoom. Contact Dr. Jess Deegan for information at 970-510-0724 or drdeeganii@gmail.com