



Finding Solutions to Help Seniors Age in Place

Get Connected to Your Community!

NFSC organizes volunteers to provide programs and services for seniors in the North Fork Valley. Get connected to the community and enjoy book and support groups, sewing and gardening classes, meditation circle, monthly potlucks and outdoor activities. In addition, NFSC combats food insecurity and social isolation among seniors with our food delivery programs and free neighborly rides for medical appointment, shopping, social functions, etc. Semi-annual Days of Service bring together local residents of all ages to provide home and property maintenance assistance to help seniors remain comfortably and safely in their own homes.

Name _____ Date of Birth _____

Mailing Address: _____ City _____ Zip _____

Street Address: _____ City _____ Zip _____

Phone: Home _____ Cell _____ Email _____

Emergency Contact Information:

Name: _____ Relationship _____

Address _____ Phone _____

Email _____

Services you are interested in providing and/or receiving (check all that apply)

Providing Receiving

- Rides to appointments, grocery store, etc
- Occasional help with home or property chores
- Occasional repairs or handy services
- Cell phone or other technology help
- Seasonal yard & home chores (work parties)
- Snow shoveling

Providing Receiving

- Friendly visits
- Daily or weekly care calls
- Delivering food to others
- Office help (phone, mailings)
- Help with events (baking, set up)
- Other: _____

I want to attend:

- Programs (classes, lectures, support groups)
- Social events (pot lucks, movies)

How did you learn about NF Senior Connections? _____

If you checked "Providing Services", when are you available to volunteer?

Weekends only variable (specify) _____

What are some interests or talents you would like to share? _____

Reciprocal Respect Agreement

Mutual respect among members of our community is an essential value of North Fork Senior Connections (NFSC). Members who volunteer to provide services do so with good will and a desire to help the community. By signing this agreement, I pledge to treat all members of the North Fork Senior Connections community with respect and can expect the same in return.

Signature_____Date_____

Waivers

I (we) waive any right or cause of action arising as a result of participation in NFSC activities from which any liability may or could accrue against North Fork Senior Connections or its staff or directors collectively or individually. I also give permission to NFSC to use photos of me taken at NF Senior Connections events for promotional purposes.

Signature_____Date_____

Your Support

Your donation to NFSC helps support all the programs and services we provide for seniors in the North Fork Valley. Membership will also bring a print copy of our monthly newsletter to your mailbox, so you won't miss any of the interesting programs and events sponsored by NFSC and other organizations.

North Fork Senior Connections provides all services and programs free of charge. Our staff and program costs are subsidized entirely by the generosity of local foundations, our donors and members like you. **All donations are voluntary and are not required for participation.**

I can contribute (check enclosed):

- \$25
- \$50
- \$100
- \$200
- Other: \$_____

Please send your signed Connection Fv borm and any donation to our PO Box.

Donations can also be made by credit card or Pay Pal on our website: nfseniorconnections.org

North Fork Senior Connections

PO Box 1738

Paonia, CO 81428

Office:(970) 527-3482

Neighborly Rides Scheduling: (970) 527-1735

Email: nfseniorconnections@gmail.com Website: nfseniorconnections.org

Our office is at the Senior Center in Paonia (106 3rd St). Programs are held there and at venues in Hotchkiss and Crawford.

**Thank You and Welcome to the
Senior Connections Community!**