



Teaching an Old Brain New Tricks

by Laura Lee Yates for North Fork Senior Connections

When I first met Jessi Hastings she could barely walk and was mostly in a wheelchair. But Jessi, who lives independently, has a secret weapon: Feldenkrais/NeuroMovement. This spring, she began teaching a series of amazing classes for North Fork Senior Connections in the Community Room of the Paonia Library through our collaboration with Delta County Libraries, spearheaded by their dedicated Adult Services staff member Kathy Pettitt. On Wednesday mornings at 9AM the carpeted floor is covered with yoga mats and recumbent senior citizens teaching their brains new tricks.

Neuromovement increases strength, flexibility, and energy, relaxes the nervous system, enhances your mental clarity, concentration, and awareness, and slows down the effects of aging. Don't think volunteering to teach this practice is easy for Jessi, who still relies on a walker. But she believes in "Awakening New Possibilities Around Limitations" and that a diagnosis can be a self-fulfilling prophecy—so don't expect her to explain her neurological issue. What she will explain, both passionately and concisely, is NeuroMovement, based on the work of Moshe Feldenkrais, a Ukrainian Jew born in 1904. Moshe taught Jessi's teacher Anat Baniel, who has worked with people from all over the world, from special-needs toddlers to nonagenarians. (Baniel's book "Move Into Life" is available through the Delta County Libraries catalog, with a local copy on order.)

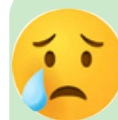
"A baby makes 180,000 connections in the brain per second," states Baniel. "The baby is always doing variable movement and one day it just rolls over, and another day it sits up, and then on another day discovers it can

stand!" Nobody teaches the baby how to do these things. The brain forms the connections from the variations.

The brain stops forming these new connections when we stop doing anything new. However, due to neuroplasticity—the ability of the brain to form new connections at any age—we can change the projection at any time of limited mobility, aches and pains, decreased mental acuity and vitality.

This method feels profoundly valuable in our busy world. If you're a senior who'd like to enjoy its benefits, join the group in the Paonia Library Community Room each Wednesday through the end of May—and hopefully longer—at 9AM. Please bring a yoga mat and blanket if possible. For individual help, especially for folks of any age who face physical challenges, call Jessi Hastings RN, LMT, certified in the Anat Baniel Method, at 970.946.8968.

We would love to have an individual or organization as a sponsor so we can continue this important offering at no charge to participants. If you're interested and would like more information, please call Laura Lee at 970.527.3482.



Due to storm forecast, our planned Service Saturday in Paonia planned for April 27 had to be rescheduled. We will do some jobs during the week but expect to finish up on Saturday, May 11--STAY TUNED! Weather permitting, we'll be in Hotchkiss and Crawford May 4. VOLUNTEERS still needed for this important endeavor—please call Faye at 970.209.9721.

For a long time, our friend Greg Peterson of Paonia Storage has provided us with a free storage unit.



It makes such a difference to have somewhere to stash our tools (other than our shared office space at the Paonia Senior Center...) If you see Greg, thank him for his continued generosity!

Jay Bagley, founder of Rubicon Coffee, became our Coffee Sponsor for North Fork Senior Connections and Paonia Senior Center. Now his wonderful son-in-law Jacob Bower continues the much-appreciated donation. Drink up!

288 Quarts of Soup Delivered!

We're celebrating the completion our first Winter Soup program serving elders in Paonia, Hotchkiss & Crawford—a great success thanks to The Lamborn Foundation (The Trading Post), The Living Farm, Grey Acre Farms and other local farmers who provided the best local organic ingredients. Much gratitude goes out to the kitchen staff who created the delicious soups, especially volunteer Stacey Hopner, Faye Sullivan, and head chef Priscilla Boot. We greatly appreciate our volunteer delivery drivers: Pat Hunter, Bonnie Quinn, Jessi Hastings, Janet Oja, Ken Klatt, Mark & Jeanette Sullivant, Holly Rainier, Kristin Osmar & Nick Lypps. We'd especially like to thank the amazing Chrys Bailey for her super-nutritious recipes, supplies, and most of all, her time and effort to make this program a reality.

Join the Monthly Song Circle just for the love of making folk music with others. No skill or talent required, lyrics provided.

Facilitated by pro singer/song-writer/guitarist Ellen Stapenhorst. **2:00 at**



Paonia Senior Center on Tuesday, **MAY 7th**, with a free casual concert at **3:30**. Join us for one or both! If you need transportation, contact our Neighborly Rides program at the new number: 970.209.9721. Next month the Song Circle will meet on Monday June 3.

Newman and Redford in "THE STING!"

It's the ultimate con when Paul Newman and Robert Redford attempt to hoodwink a mob boss played by Robert Shaw. Directed by George Roy Hill, who paired the two stars so successfully in "Butch Cassidy and the Sundance Kid," this 1973 offering is set in 1936 during the Depression. "The Sting" won seven Academy Awards including Best Picture, Director, and Original Screenplay and was a box office smash. Don't miss this fun caper with its rag-time score, shown at the Paradise Theater on Thursday, May 9th, at 10am.



Thanks to our generous sponsors:



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

May Birthdays

Happy Birthday to:



Jenette Gerry 5/9
John Archer 5/20

Lindi Mereness 5/15
Rita Murphy 5/31

May Calendar

What's Happening at the Senior Center in May

Join the Monthly Song Circle just for the love of making folk music with others. See article p.2
Path of Least Resistance Gardening series with John Valentine on Mondays at 1:15, Paonia Senior Center: 5/6- Growing Tomatoes; 5/13- Vertical Gardening and Training Plants; Troubleshoot meetings/site visits TBD
Here & Now MEDITATION-Meg O'Shaughnessy facilitates this ongoing group at Paonia Senior Center Thursday mornings at 9:00-10:00. All are welcome.

Senior Movie "THE STING" May 9 @ Paradise Theater 10AM (see article p.2)

The Book Club at the Paonia Senior Center is going strong! We gather at 2:00 on the third Tuesday of the month of the Paonia Senior Center. May 21: World War II (fiction or nonfiction) in honor of Memorial Day. Please call for more info.

Silver Threads Sewing Club, 2nd & 4th Tuesdays @ Paonia Senior Center at 1:00. Group facilitated by experienced quilter Connie Hodges & friends. Questions? 970.527.3482 or Connie @ 970.216.4457.

NeuroMovement with Jessi Hastings (see article on Page 1)

Paonia River Park Walks every Wednesday at new time: 10:30. Meet at the gazebo.

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes presented by the North Fork EMS: Paonia Senior Center Tues & Fri 8:45-9:45 or 10-11; Hotchkiss Me-

morial Hall – Mon & Thurs @9:30; Crawford Town Hall 10-11 Wednesdays plus Advanced classes Tues & Thurs 5:30-6:30 pm.

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 Chicovsky, at 970-314-0303.

Senior Meals– Paonia Senior Center 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 serves hot full meals cooked on the premises Tues, Wed and Thurs, all at noon. No reservation required, to-go orders available. 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

Learn Tai Chi: The Paonia Senior Center host instructors Resa and Tom Wells on Wednesdays evening from 5:30-7 beginning April 3. Call Linda at 970.527.3435 for cost and more information.

Coffee Klatch @Paonia Senior Center 9:30 AM: Ali Lightfoot, new Blue Sage director 5/6; Norm Lewark, CranioSacral Therapy (amazing!)5/13

Catered lunches @ Paonia Senior Center: No lunch 5/2; Berg Harvest 5/9: Potluck 5/16 with marimba players; reopened Flying Fork 5/23; Chick-a-Pea 5/30. Sign up starts Friday before next lunch by calling 527.3435.



May
2024

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Sponsor an Older Adult's Farm Share

YOU CAN MAKE A DIFFERENCE!



North Fork Senior Connections is teaming up with The Living Farm to distribute 30 CSAs for 30 weeks to seniors in Paonia, Hotchkiss & Crawford. This provides our older adults with local, organic food, full of vitality, and delivered right to their door!

\$360 Sponsors one adult for 30 weeks

\$180 Sponsors one adult for 15 weeks

\$120 Sponsors one adult for 10 weeks

Your donation goes directly towards combating food insecurity in the senior community and connects our elders to the abundant food grown here in the valley. To donate please call 970.527.3482.

You can also help by signing up to be a volunteer delivery driver. Only one hour of your time can make a difference. Call Faye 970.209.9721

To donate: nfseniorconnections@gmail.com | 970.527.3482