



Confessions of a 125-Pound Weakling

by Laura Lee Yates for North Fork Senior Connections

I never felt physically strong. Being fast and flexible, I managed to survive eleven years of PE classes, then dislocated my left knee playing flag football. From then on I babied it, though it happened a second time. Still, I rode my beloved horses and, late in my twenties, fell hard for belly dancing, performing on San Francisco's Broadway where the shows to live music were at least 45 minutes of non-stop movement. In those days, the Gym was a foreign land inhabited by Jocks. But at age 72, when my "good" knee went bad, I found myself in the care of Chris Rogers, DPT, and wish I could afford to stay there indefinitely.

I'm definitely no Medicare expert, but physical therapy is a covered benefit with a co-pay, which varies depending on various factors including your supplemental plan. My Primary Care Practitioner, Christi Anderson, NP, agreed North Fork Physical Therapy would be a good option for me, and I was willing to wait five months for a place in Chris Rogers' schedule—one of my better decisions.

Starting at age eight, super-competitive Chris raced motocross—and endured two surgeries before he finished high school. When Chris realized he needed to learn how to fix himself—so he could continue skateboarding, backcountry snowboarding, and running—he got his doctorate in Physical Therapy from Texas Tech. "I really love my work. It's a blessing to go in excited every day, working with different patients." With a mischievous twinkle in his eyes Chris adds, "And usually

they feel better after lifting something heavy..."

At North Fork Physical Therapy there's a lot more than lifting weights, though. Just when you think you know what comes next Chris Rogers demonstrates a new exercise. When asked how many variations he utilizes, he responds, "Maybe a thousand?" Many folks suffer back pain, and the medical community refers many of those patients to NFPT. Growing stronger isn't easy, but I looked forward to my time in the gym. Chris's enthusiasm is contagious, and we laughed—a lot. (Plus I love his rescue dog Tango, shown in the photo.)



Harvard Medical School points out that strength training for seniors is often overlooked in favor of aerobics. "The cardiovascular benefits of aerobic exercise can add years to your life—strength training can make those years fuller and more rewarding... (it) gives you the power and agility you need to stay fit, active, and independent."

I'll settle for that. Now that my allotted sessions are over I will work hard to maintain the strength I built, with hikes into the mountains with my own rescue mutt and all the exercises I can remember. The SAIL classes (Stay Active and Independent for Life) presented by the North Fork EMS are a free and valuable resource. I just missed Bike-to-Work Day, but June 3 is World Bicycle Day... I'm living proof that it's never too late to get stronger.

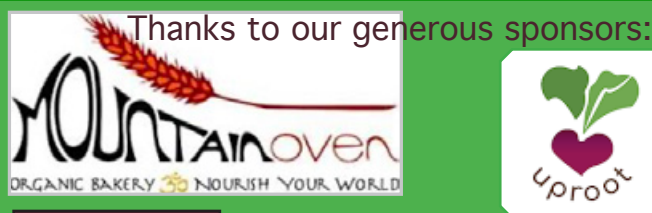
TAKE A PEEK!



North Fork Senior Connections has a new improved website designed by local pro Aaron Jerad of Hotchkiss. Check out (and bookmark!) this user-friendly version at <https://nfseniorconnections.org>, complete with calendars of upcoming events, photos, archived newsletters, and lots of information to help seniors age in place here in the North Fork Valley. If you have questions, comments, or suggestions please reach out to us at 970.527.3482 or email us at nfseniorconnections@gmail.com.

NEED A RIDE?

If you're a senior in need of transportation to an appointment or event in Delta County, contact Faye in advance at 970.209.9721 to become part of our Neighborly Rides program. We could still use more drivers for this endeavor, too—you can even be reimbursed for mileage.



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

North Fork EMS Mobile Integrated Health

On June 13 from 1:30-3pm at the Crawford Library, join Kathy Steckel, Chief of North Fork EMS, and Medina Ryan, CARES Coordinator for North Fork EMS Mobile Integrated Health, for a conversation about getting the support you may need including transportation for medical appointments, facilitating meals and visits, connecting people with local resources and providing education and referrals to qualified providers. The Friends of the Crawford Library is offering this program in partnership with the North Fork EMS CARES program.

Sing-along with June's Senior Movie!

The Paradise is offering up another lively free film for seniors on Thursday, June 13, at 10AM, when they air the 2008 jukebox musical rom-com **Mamma Mia!** The ensemble cast includes the fabulous Meryl Streep, Amanda Seyfried, Colin Firth and Pierce Brosnan in a tale of a young bride-to-be who invites three men—one of whom must be her father—to her wedding on a Greek island. And you thought you had a wild past... If you need a ride to the show, plan ahead and contact Faye at 970.209.9721 so she can try to find one of our "Neighborly Rides" folks to transport you.



June Birthdays

Happy Birthday to:



Pat Hunter 6/2
Lynne Bear 6/24
Ronna Webb 6/26

Al Rozman 6/3
Jacque Koehler 6/26

June Calendar

What's Happening at the Senior Center in June

Join the Song Circle just for the love of making folk music with others. No skill or talent required, lyrics provided. Facilitated by singer/songwriter Ellen Stapenhorst. THIS MONTH different day: MONDAY 2:00 at Paonia Senior Center--JUNE 3rd.

Here & Now MEDITATION-Meg O'Shaughnessy facilitates this ongoing group at Paonia Senior Center Thursday mornings at 9:00-10:00. All are welcome.

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. June 18: Jodi Picoult (author of fiction-- "Small Great Things" is a thought-provoking read.) July: Nonfiction books about animals—lots of great choices! 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.

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

Neuromovement (Feldenkrais) with Jessi Hastings, RN, LMT, Certified Anat Baniel Method @ Paonia Library Community Room 9AM sharp each Wednesday.

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

Coffee Klatch @Paonia Senior Center 9:30 AM: 6/10 Marla True-Carlson OT, Breathing Techniques; 6/17 Ali Lightfoot, Blue Sage (What do seniors want?); 6/24 Norm Lewark—Cranio-Sacral Therapy

Catered lunches @ Paonia Senior Center: Chrys Bailey 6/6 \$6; Good Love 6/13 \$6; Potluck 6/20; Rio Bravo 6/27. Sign up starts Friday before next lunch by calling 527.3435, emailing scmspaonia@gmail.com, or signing up in person at the Senior Center, noting date & time.



June
2024

Board of Directors

Bruce Woodside, Chair

Bonnie Eisenberg,
Vice Chair

Jenn Lukesh, Treasurer

Faye Sullivan, Secretary/Volunteer
Manager

Marsha Brezonick, Member

Wanda Gofforth, Crawford Member

Sheila Maki, Hotchkiss Member

Brad Thacker, Member

Laura Lee Yates,
Program Manager

Printed by High Country Printing and Graphics
Print production by John Valentine on Adobe InDesign

Introducing NFSC's Two New Board Members

Sheila Maki, now of Hotchkiss, grew up on a small farm outside Paonia, then graduated from CMU. Sheila figures she's volunteered for more than twenty organizations, starting as an eight-year-old Brownie Scout. Her most rewarding job was as Director of the now-defunct Women's Resource Center of Delta County. Even before she became a disabled senior, Sheila felt our North Fork elders needed more resources.

Wanda Gofforth became a Coloradan in 1977 and moved to Crawford in 1987. She spent twenty years with the former First National Bank followed by five years with Tension & Associates. Crawford was fortunate to have Wanda on their Town Council for four years and then as Mayor for eight additional years. By joining the NFSC Board Wanda hopes to help bring to her hometown all the benefits that our organization can offer.

With the help of these two accomplished women, North Fork Senior Connections hopes to reach even more community elders than before. Get connected!

NEED A RIDE?

Do you have small home or garden tasks where you need assistance? We have a pool of wonderful 1-on-1 volunteers who might be available to help. Reach out to our Volunteer Coordinator Faye Sullivan at 970.209-9721 OR

Want to share your skills/time/muscles helping a community elder age in place? Talk with Faye about becoming a Handy Helper. Make a difference without signing your life away! 970.209.9721.

