



Volunteering Makes All The Difference

Certain birthdays drive aging home, especially the numbers ending in zero.... But any year can do it. The indomitable Lynne Bear topped 97 in June, and she's just stepped down from her long-held post as President of the Paonia Senior Center. Lynne has been a rock, a legend, a work-horse. But everything changes.

Yet Lynne Bear will continue to serve in a new way, even if she doesn't run the Center's Board meetings. She understands the needs of this community and its elders, and that volunteering can make life better for those on both sides of the equation. (Pictured below: Former NFSC program manager Linda McCone will replace Lynne as Senior Center President.)



Changing of the Guard: Lynne Bear helps out at the lunch following her "retirement," shown here with new president Linda McCone

Service to others comes early to some. 13-year-old Zinnia Bender, daughter of our outgoing Senior Connections' Treasurer Jenn Lukesh, already has 15 Service Saturdays under her belt and has touched the lives of many local seniors.

Rylee Lopez is older—she's all of 29. Studying at Colorado Mesa University, Rylee read an article about connecting with elders, where the author mentioned a goal: to build a world where caring for each other happens not at the fringes of society, but at its heart. That inspired Rylee to create North Fork Flowers CSA under the auspices of North Fork Senior Connections. "Volunteering to me means slowing down enough in our busy world to listen to someone else. It's one small way I can pay respect to the generations that have come before me."

Studies show that flowers help to reduce feelings of isolation and improve short term cognitive memory. A bouquet thrilled one Hotchkiss senior to tears, for nobody had brought her flowers for thirty-five years. Rylee plans to continue delivering these mason jar bouquets, created with the invaluable help of organic grower Carol Sikora, to seniors in the North Fork Valley monthly during the growing season. (Please let us know if you would like to help finance this endeavor.)

So if you've been wondering what the world is coming to, consider these young people and take hope.

But it's never too late. One of our most active NFSC volunteers is 83. Her vitality and organizational skills continue to amaze, uplifting the lives of women with physical challenges while inspiring the rest of us. Studies show volunteering provides a sense of purpose and community. Older volunteers walk more, are less likely to develop high blood pressure, have sharper cognitive skills and

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a reduction in heart disease.

Don't think you have any skills?

• We need more drivers to transport local seniors to appointments and events through our Neighborly Rides program—especially someone who'd be willing to help a Somerset senior retain his independence by driving him to get water and groceries in Hotchkiss and Paonia.

• Perhaps you can climb ladders, move furniture, or wield an electric drill (not everyone can...) Become a "Handy Helper!"

• Feel like you're already too busy? What if you could make a real difference by giving a single Service Saturday morning in early November to help community elders prepare for the upcoming winter?

Call Faye Sullivan, our Volunteer Coordinator, at 970.209.9721. *Connect with community!*

*Can't Volunteer? Support our elders with your donation to North Fork Senior Connections! Please visit our website at [nfseniorconnections.org](http://nfseniorconnections.org) or send a check to P.O. Box 1738, Paonia CO 81428*

## SUGGESTIONS? REQUESTS?

This August, we're taking a break from morning Coffee Klatches to focus on planning future programs, updating our nonprofit's strategic plan, and getting a leg up on our Annual Report. This is a perfect time to let us know what you need and want. Whether it's providing important information or trying out an exciting new activity, we want to develop programming that matters. Your input can make North Fork Senior Connections an organization that helps all of us successfully age in place in our beloved North Fork Valley. Email us at [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com) or call 970.527.3482. We're here for you.



## Gratitude



North Fork Senior Connections wants to extend our deep appreciation for the years of service donated to our organization by Jenn Lukesh, who served as our Board Treasurer. She kept all things financial organized and cheerfully helped out wherever needed. We welcome Brad Thacker as our new treasurer.

## BOOK TO MOVIE SUCCESS!

Sometimes they get it right: Laura Hillenbrand's nonfiction masterpiece transformed into a superb film released in 2003. *Seabiscuit* was a pint-sized racehorse with an over-sized heart, and his triumphs against adversity lifted the spirits of our nation during the Great Depression. Jeff Bridges, Tobey Maguire, and Chris Cooper are the human stars of this inspiring true story, which was nominated for seven Academy Awards. The Paradise Theater airs "SEABISCUIT" as the free Senior Movie on Thursday, August 8, at 10AM. Be uplifted!



Thanks to our generous sponsors:




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



## STAY HEALTHY!

Join us Monday, August 12 at 1:00 when Medaina Ryan and Tanya Applegate begin a series of Community Paramedicine programs at the Paonia Senior Center. Learn how to be a better self-advocate, what services are available through the North Fork EMS, and more!



## August Calendar

### Path of Least Resistance Gardening series-

Aug 19- Drip project at Senior Center; Aug 26- Harvest, Pruning & Adjusting for Fall + Winter Prep, at 1:15

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. First Tuesday at 2:00, August 6th, at Paonia Senior Center.

**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 gathers at 2:00 on the third Tuesday of the month of the Paonia Senior Center. August 20: Women's History (fiction or nonfiction) with short film and special guest Bonnie Eisenberg. Please call for more info.

**Silver Threads Sewing Club** is on hiatus for the summer.

**Paonia River Park Walks** also on hiatus.

**Neuromovement** (Feldenkrais) with Jessi Hastings, RN, LMT, Certified Anat Baniel Method @ Paonia Library Community Room 9AM sharp on Wednesdays. No class 8/28.

**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 Memorial 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. Please call for more info/to join.

**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 will resume in September!

**Catered lunches** @ Paonia Senior Center: 8/1, Rio Bravo; 8/8, Chrys Bailey (after the movie); 8/15 Potluck (see article); 8/22, 476 Eatery (Thai food); 8/29, No lunch, Happy Labor Day! 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.



August  
2024

## Board of Directors

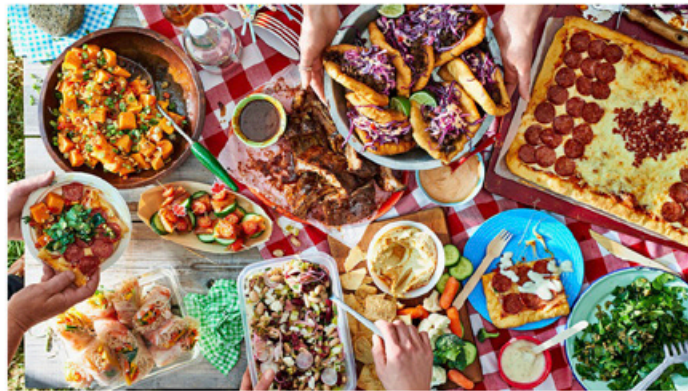
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## Summer Potluck Honoring

# Lynne Bear

for Her Many Years of Service as Paonia Senior Center President



**Thursday, August 15 @ noon**

Bring a Dish to Share

Musical entertainment  
by Cory Ebert & Andrea Lecos

