

Celebrating the Harvest

by Laura Lee Yates for North Fork Senior Connections

Growing up, I hated nearly all veggies, until as an adult I devised my own “Vegetable of the Year” program, turning a chosen variety from enemy to friend by experimenting with different recipes until I found one I actually enjoyed. Beets, green beans, peas and arugula became favorites; with



broccoli I discovered it was the cooking smell I hated, and learned to love it raw. It's never too late to change. With our bountiful harvest season in the North Fork Valley, it gets easier to eat the fruits and

vegetables we need for optimum health.

Local chef Chrys Bailey is passionate about both nourishment and taste - *yes, you can have both*. Her senior lunches, often held at local farms, are truly a feast. “I Had a Dream,” she says, her dark eyes twinkling. “I felt like the elders in our community had too few opportunities to enjoy the wonderful organic foods that are available in the North Fork Valley. That’s why I started VOLPS (Valley Organic Lunch Program for Seniors.)” At her recent offering, hosted at the Trading Post in Paonia, the menu featured a plethora of local items that included leg of lamb, Japanese yam salad, amazing sweet corn and fresh fruit sorbet—definitely tasty and nourishing.

As we age, our nutritional needs alter—just like the rest of us.

•Maintaining muscle mass becomes critical, so quality protein needs to be part of a senior diet. Dairy, fortified soy products, beans, peas, and lentils can supplement pricier meat and seafood.

•Hate to say it, but experts warn against too much added sugar, saturated fats, and sodium. I will never forget cooking Thanksgiving dinner for my mother just after she’d been diagnosed with congestive heart failure and was forbidden any salt. Fortunately I soon learned that vinegar, lemon juice and cayenne pepper—plus more garlic—could add zip to otherwise bland foods.

•Sufficient calcium as well as Vitamin D and magnesium, which work together to keep elders healthy, can reduce fractures and the incidence of Alzheimer dementia, and help keep our immune systems strong to fight off viruses like flu and Covid. Leafy greens like kale, broccoli, shitake mushrooms and egg yolks aid Vitamin D production.

This time of year, we have the great folks at UpRoot Colorado delivering bounty from local farms. Their Gleaning Produce Manager Abbey Anderson says, “Here in Delta County, it has been such a delight to connect our surplus fruit and vegetables, most coming from organic small farms in the North Fork Valley, with seniors. Nutritious, fresh, organic produce can be cost prohibitive, hard to source, and otherwise unavailable to many seniors, and many folks aren’t able to incorporate the vital nutrients from these foods into their diets. UpRoot is so happy to share in delivering the freshest and most DELICIOUS produce our valley has to offer!”



Making Lives Better!

Want to share the bounty with those in need? We can always make good use of donations, but right now we have a special funding request.

- 31 senior households continue to enjoy a weekly delivery of fresh organic produce from the Living Farm through our CSA program that continues to mid-November.

\$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.



NFSC Fundraiser at Big Bs Delicious Orchard

Every Friday evening, local Jeff Schwartz supports a different nonprofit, and September 20th is our turn when Wood Belly comes to town. The newgrass quintet's "honest and soulful" sound, great harmonies, and original songwriting won them the 2018 Telluride Bluegrass Festival band competition. We'll have a booth set up, educating attendees about our mission, hoping to sign up more volunteers to help seniors age in place. We need two folks to help with parking. Join us from 7:30-10:00 for a fresh take on Rocky Mountain bluegrass and support North Fork Senior Connections!

A Modern Classic

September's Senior Movie is "Annie Hall," showing free at the Paradise Theater on Thursday, September 12, at 10AM, complete with popcorn and a fountain drink. Most of us remember when this comedy-drama debuted in 1977, winning Diane Keaton a Best Actress Oscar and receiving Best Picture for the film. Woody Allen also stars as Alvy Singer of Brooklyn, who longs to understand how to have successful relationships with women. Good luck... But the film has "enormous wit, humor, invention, and understanding of the human heart."



Thanks to our generous sponsors:



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

September Birthdays

Happy Birthday to:



Eileen Keaveny 9/5
Janet Oja 9/23
Elaine Brett 9/30

Jan Hurley 9/15
Laurene Bissell 9/23

September Calendar

Join the Song Circle just for the joy of making folk music with others. No skill or talent required, lyrics provided. Facilitated by singer/songwriter Ellen Stapenhorst. First Tuesday at 2:00, September 3rd, 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 will gather at 2:00 on the FOURTH Tuesday of the month of the Paonia Senior Center. September 26: Books by author Lisa See. Note changed date. 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, will resume Wednesday, September 11 @ Paonia Library Community Room 9AM sharp on Wednesdays. No class 8/4.

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 Mondays and 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 resumes in September. 9/23 PT Marla True-Carlson on The Power of Breath; 9/30 Carri Gillenwater of OakStar Bank on Scams & Fraud.

Catered lunches @ Paonia Senior Center 9/5 Flying Fork; 9/12 Berg Harvest; 9/19 Clementine Bouton; 9/26 Harvest Potluck. 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.

Death Cafe 9/17, See article p.4



September
2024

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Here Today Death Café*



If you're looking for a safe space to share around the topic and experience of death and dying, in the company of others, sipping tea and eating cake, please join us.

Tuesday September 17th 2-3:30
@ Paonia Senior Center 106 Third Street



Facilitator Meg O'Shaughnessy has hosted Death Cafés since 2018.
For more info
oshaughnessymeg@gmail.com
970-270-6349

*Death Cafe is a not for profit organization which aims to increase awareness of death with a view to helping people make the most of their (finite) lives. www.deathcafe.com