

## Get Happy--Volunteer!

by Laura Lee Yates for North Fork Senior Connections

It's hard to believe the seasons have turned and our next Service Saturday is coming on fast!

Five years ago North Fork Senior Connections began aiding our local elders with seasonal chores each spring and fall. As winter wanes we wash windows, prepare garden beds for planting, install swamp coolers, and set out stored lawn furniture. Now, with the onset of autumn, the necessary chores change, since falling leaves clog gutters and choke lawns, and the swamp coolers go into storage so homes can



be buttoned up for the impending winter.

Volunteers come in all shapes, sizes, and ages. At first NFSC had primarily Paonia folks on our roster and consequently served mostly Paonia households. Now outreach has rounded up civic-minded individuals across the North Fork and the endeavor



has expanded to include the homes of elders in all corners of the Valley. But it can be a challenge locating enough volunteers. The addition of our new (and young!) Volunteer Coordinator Faye Sullivan has enlisted a number of wonderful young families. "It's a fun way to spend a morning working together," Faye explains, "and learn how it feels to give to others. Service Saturday is a great chance to reach across the generations and make a difference in our communities."

Stephanie Harrison, an expert in the science of happiness who regularly counsels Fortune 500 companies, has released a new book titled *New Happy: Getting Happiness Right in a World That's Got It Wrong*. One of the five featured insights contends that everyone wants to live a happy life, and that one of the best ways to experience that is through utilizing opportunities to be of service to others. It's been scientifically proven that helping others benefits well-being; it connects us and lets us find a greater purpose in life. It improves not only our mental health but also

physical health.

If you or someone you know is willing to spend a morning helping your elders prepare for cold weather, please reach out to us at 970.527.3482! This fall, **Service Saturday** in Paonia takes place on **October 19; in Hotchkiss & Crawford** the date is **October 26**. Volunteers are what make this project work—we can't do it without you. A few hours of your effort makes two seasons better for your elder neighbors. P.S. Lunch and camaraderie provided!



# What can North Fork Senior Connections do for YOU?

Find out Thursday

## OCTOBER 3 @ 1:30 @ Crawford Library

- Are you a local senior who needs help with seasonal chores, small fix-it projects or free transportation anywhere in Delta County?
- Want to benefit your neighbors? Volunteering is good for you AND the community.

*Presented through Delta County Libraries & Friends of The Crawford Library*

### Lots of Laughs Spiced with Thrills & Chills!

It may sound silly, but in 2001, the United States Library of Congress deemed this film “culturally, historically, or aesthetically significant” and selected it for preservation in the National Film Registry. It’s funny! *Abbott and Costello Meet Frankenstein* is a 1948 American horror comedy film featuring Bela Lugosi as Count Dracula, who is trying to find a brain to reactivate Frankenstein’s monster. Turns out the brain he’s after belongs to the character played by Lou Costello.



The Paradise Theater will air the vintage film free to seniors on October 10 at 10AM, along with a complimentary popcorn and fountain drink.

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Both Senior Connections and the Paonia Senior Center appreciate their support!



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## October Birthdays

### Happy Birthday to:



Tom Backhus 10/1  
 Alfredo Gonzales 10/15  
 Jess Deegan 10/19  
 Walter Czech 10/25  
 Cheryl Irwin 10/25  
 Linda McCone 10/26  
 Nick Lypps 10/28

Bob Sapena 10/2  
 Jenn Lukesh 10/16  
 Marsha Brezonick 10/23  
 Liz Lilien 10/25  
 Zinnia Bender 10/26  
 Ellen Stapenhorst 10/27

## October Calendar

### Ultimate Africa with Elaine Brett and Mary Bachran:

Start the month with tales of travel and adventure in Africa with pictures & videos. Share their experiences on safari in Zimbabwe, Zambia and Botswana. Enjoy the beauty of Victoria Falls. Go on tour with them in Cape Town, South Africa. **OCTOBER 1 @ 2pm**, Paonia Senior Center.

**Presentation by North Fork Senior Fork Connections** for Crawford Friends of the Library **October 3, 1:30-3:00!** What can we do for the elders of Crawford?

**NEW DATE: Join the Song Circle** just for the joy of singing with others. No skill or talent required, lyrics provided. Facilitated by singer/songwriter Ellen Stapenhorst. **SECOND Tuesday at 2:00, October 8**, 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. **October 22**. Topic: Mysteries/suspense!

**Paonia River Park Walks** resume in October! We meet at the gazebo (parking lot) at 10:30AM. Great trail, fall color, 1 mile long—join us!

**Neuromovement** (Feldenkrais) with Jessi Hastings, RN, LMT, Certified Anat Baniel Method, will resume Wednesdays @ Paonia Library Community Room 9AM sharp.

**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 October 7—League of Women Voters; October 14—Brian Bowler, new administrator for Region 10 AAA; October 21 Health Navigator from West Elk Clinic; October 28—Sally Zeman on Finances for Seniors

**Catered lunches** @ Paonia Senior Center Thursdays @ Noon. 10/3 Rio Bravo; 10/10 ChickaPea; 10/17 476 Eatery (Thai); 11/24 Sweetgrass; 10/31 Halloween Potluck & Nick Lypps birthday celebration—feel free to come in costume! Sign up starts Friday before next Thursday's lunch by calling 527.3435, emailing scmspaonia@gmail.com, or signing up in person at the Senior Center, noting date & time. \$5-6 per person



Octoberber  
2024

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## Cleaner Air and Water

We are pleased to report that the Next 50 Initiative has provided funds for NFSC to purchase an air filtration system for the Paonia Senior Center to keep us all healthy during the upcoming flu and Covid season. Over a hundred people use the Senior Center every week, often in close quarters, for meals, exercise classes, and other activities. This system should eliminate the possibility of passing viruses around the community. Thank you to

the Next 50 Initiative for continuing to support NFSC and our work with seniors in the North Fork Valley.

This grant also enabled us to purchase a water filtration device for the small sink just inside the kitchen. Seniors are now able to refill their water bottles with better tasting, cleaner water.



**NFSC volunteers provide free transportation for seniors within Delta County. Plan ahead and call**

***NEIGHBORLY RIDES!***

**Do you need help with a small household task? Call**

***HANDY HELPERS*** for volunteer assistance.

**(970) 527-1735**