



## Hygge, SAD, and Staying Engaged

by Laura Lee Yates for North Fork Senior Connections

After the bustle of the Holidays, January can be a bummer. Even when the sun is brilliant in a sky of deep dry Colorado blue, the days are short, especially for the 5% of us who struggle with SAD, seasonal affective disorder, aka The Winter Blues. It's a form of depression that influences four times more women than men and can be mild or debilitating. Shorter days can make us want to linger under the covers, load up on carbs, and feel pitiful. Fortunately, in my case, sitting under a 10,000-lumen lamp for half-an-hour upon waking makes all the difference, coupled with good nutrition and an energetic rescue dog that requires exercise in the Great Outdoors regardless of the temperature.

Danes and other Scandinavian cultures embrace the change in the seasons with "hygge," pronounced "hoo-gah." They celebrate rest and relaxation, the joy of getting comfy on the couch beside a crackling fire, good book in hand. They treasure simplicity and coziness, light candles, appreciate nature, perhaps journal and meditate as well as indulging in hot baths and massage. That all sounds good to me; hot springs in winter, when you can view snowcapped peaks through the rising steam, can be magically therapeutic.

Some North Forkers enjoy tropical vacations, travelling to another hemisphere or closer to

the equator, but most of us aren't so lucky. If the mountains begin to feel like barriers to the outside world, it may be time to strap on skis or snowshoes. Through a partnership between the Nature Connection and Delta County Libraries, you can checkout snowshoes and poles free from the Cedaredge Library for a week and explore the Grand Mesa. Winter's also a great time to learn a new language or take up knitting—other options available at no charge from your local library. We elders hold life experiences and long-held stories that may find release during this less hectic time; in my case that means completing the third book in a historical trilogy.

Rest, relax, and recharge—but beware too much isolation, which can be hazardous to your health! Winter may be the perfect opportunity to reach out to an old friend, who may have received no more than a signed holiday card.... The well-attended lunches at the Hotchkiss Senior Center and our catered Thursday lunches by reservation at the Paoia Senior Center will continue in January, and both are a great way to keep connected. But NFSC is taking a month-long break from the Monday morning Coffee Klatches to allow for staff vacations and strategic planning. Look for lots of excitement upcoming!

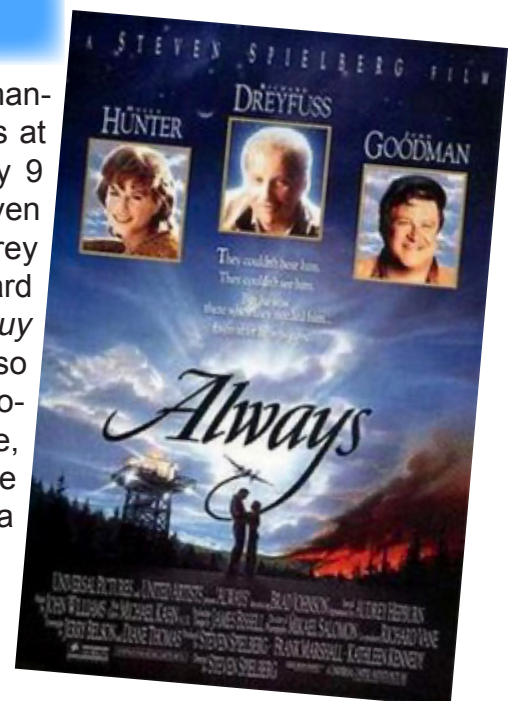
## SNOW BUDDIES to the RESCUE!

Is it a Winter Wonderland—or simply a Hazard? If snow shoveling is beyond your physical capabilities, reach out to us at 527.1735 and we'll match you up with a willing volunteer.



## Always!

Don't miss the 1989 American romantic fantasy film *Always*, aired free for seniors at the Paradise Theater on Thursday, January 9 at 10AM. It's directed and produced by Steven Spielberg with a great cast that shows Audrey Hepburn in her final film role. Actor Richard Dreyfus had seen the 1943 melodrama *A Guy Named Joe* "at least 35 times," and it was also a favorite of Spielberg's, and after working together on *Jaws* they decided to film a remake, though the project took many years to come to fruition. You can enjoy free popcorn and a drink, too.



## January Birthdays

### Happy Birthday to:



Christine Palafox 1/2  
 Maridell Rose 1/18  
 Stacey Hopner 1/26  
 Laura Lee Yates 1/27

Dave Knutson 1/5  
 Elena Goldstein 1/21  
 Lois Doll 1/27

## January Calendar

What's Happening at the Senior Center in January

**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, January 14, 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: January 28. We'll discuss Our Favorite Books of 2024.

**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 will be on hiatus for the month of January to allow for staff vacations and strategic planning. We'll resume Monday mornings at 9:30 AM in February.

**Catered lunches** @ Paonia Senior Center Thursdays @ Noon. Flying Fork 1/2; NO LUNCH 1/9; Clemmie Bouton 1/16; AP Catering 1/23; Chrys Bailey 1/30. Sign up starts Friday before next Thursday's lunch by calling 527.3435, or signing up in person at the Senior Center, noting date & time. \$5-6 per person

Thanks to our generous sponsors:



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

# North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428

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We want to extend a very special THANK YOU to Jodi Simpson and her wonderful kindergartners from Paonia Elementary School on Grand Avenue. Each year, Jodi and her students craft 100 Christmas cards for us!