

Why Did the Turkey Cross the Road?

by Laura Lee Yates for North Fork Senior Connections

Heavily armed with gardening tools and paperwork, I almost didn't make it to Hotchkiss for NFSC's Spring Service Saturday on May 17. An oblivious hen had decided to cross Highway 133 just as I rounded a blind curve and forced me to slam on the brakes, splashing bean soup from the Crock-Pot onto the upholstery as the lady turkey sauntered across the pavement. But nothing broke, and the very small crew of volunteers (shown in the photo), also known as the "Few but Mighty," succeeded in helping Hotchkiss elders prepare for the upcoming summer.

It was a busy weekend for many, with graduations galore as well as our own yards to care for. Crawford garnered a few greatly-needed volunteers thanks to unstinting effort by NFSC Board member Wanda Gofforth, and those folks helped make a difference in the surroundings of a number of Crawford elders. In Paonia the week before, on May 10, 29 generous adults plus kids showed up ready to work, despite it being Mother's Day weekend and also the Sheepdog Trials in Hotchkiss.

But more assistance is needed. Our senior community continues to grow, yet our volunteer pool can't keep pace. One of the challenges of living in such a glorious Valley is that few adults want to move away, even though job opportunities are limited. As we age, the distance to shopping, medical care, and other important services looms larger. Yet who wants to trade peace & quiet and beautiful surroundings for the hubbub of city life? It's a conundrum we'd love to solve, but we can't do it without generous volunteers.

Maybe helping with yardwork isn't your thing, either because of disinclination or physical condition. Don't forget we have a roster of **Neighborly Rides** drivers who help seniors get to appointments and activities without charge; we need more, especially in Hotchkiss and Crawford. Or maybe you'd prefer spending 1-on-1 time aiding elder in need. Through **Handy Helpers** you can assist your neighbors with those small tasks that become a major chore when age takes its toll.

Don't think you have skills to offer? We often need bakers for special events—are you known for your oatmeal raisin cookies or gluten-free coffecake? Also, with social isolation a growing concern, a sympathetic ear can make a meaningful difference to a lonely elder, offering enrichment to both sides of the equation.

If we all care a little, we can accomplish a lot!



Looking Back at Service Saturdays

by Operations/Volunteer Manager Faye Sullivan

Having completed our Spring Service Saturday events in Paonia, Hotchkiss and Crawford, it's easy to connect to the sense of joy a volunteer has after helping others. One of my favorite parts of those days is getting to meet the homeowners—the seniors in need—who are so grateful for the help (and many times the company, too.) As the day gets going, the volunteers grow more jovial and chatty, and you can feel the sense of pride that comes from giving selflessly to others. My other favorite part of the day is gathering after the volunteering is done to share lunch together. The volunteers are happy and joyful. I wish that feeling was something I could bottle up and have others experience; maybe that would help encourage more people to participate. To have given your time and energy to those that need help and cannot do it for themselves really is an incredible feeling. If you do not already, please consider volunteering with us at NFSC. There are many opportunities! To get more info call Faye on 970-209-9721.

Shakespeare Book Club

by Jane McGarry

The Shakespeare Book Club meets on designated Tuesdays to discuss a play we've read and share ideas and information about staged plays, film versions, critical commentary, and more. Our group includes folks brand new to Shakespeare, actors, Shakespeare geeks, and even a Ph.D in literature! Everyone is welcome. The next meeting is June 3, Tuesday, 6 p.m., to discuss "Two Gentlemen of Verona." Read the play, or watch a filmed version, and join the lively discussion.

Chrys Bailey's Senior Lunches

Enjoy chef extraordinaire Chrys Bailey's delicious and nutrient-dense meals that connect Valley elders with local farmers and the great food they produce. Meals are offered at 11:30-2:00 at 4 different farms on the second Wednesday of the summer months and at the Trading Post on the fourth Wednesdays. The wonderful Faye Sullivan deals with the reservations—text her at 970.209.9721 for all the details. (see below)

"Best quality food in the valley!"

Sourcing from local small family farms contributing to a healthy agricultural economy.

Valley Organic Lunch Program for Seniors

All events: 11:30 - 2:00

Lunch dates in **yellow/Farms** **pink/Trading Post**

Suggested Donation: \$25

JUNE							JULY						
SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

AUGUST							SEPTEMBER						
SUN	MON	TUES	WED	THURS	FRI	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

To receive key information and text message reminders register with Faye by text at: 970-209-9721

Be sure to make a reservation for each event once registered when you receive your text message reminder.

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

June Birthdays



Pat Hunter 6/2
Lorna Columbia 6/14
Lynne Bear 6/24
Ronna Webb 6/26

Happy Birthday to:

Shirin Patterson 6/4
Opal Deaton 6/19
Jacque Koehler 6/26
Carol Edwards 6/29

June Calendar

What's Happening in June

Put **TUESDAYS @2 on your calendar**. Something different at 2:00 each week at Paonia Senior Center. Derek Udy: Breathe to Save Your Life 6/3; Song Circle w/ Ellen Stapenhorst 6/10; Prep for the Cherry Days Parade 6/17; Book Club reading historical fiction by Fiona Valpy.

Shakespeare Book Club (See article pg 2)

RIVER WALKS New Time & Day! Enjoy a congenial walk with fellow seniors along the water at the Paonia River Park each THURSDAY at 9:00. We meet at the gazebo in the parking lot.

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

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, advanced classes continuing 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

ASEDD, the Dementia caregivers support group, meets in person at Hotchkiss town hall, 2nd and 4th Wednesdays at 1:30.

Catered lunches @ Paonia Senior Center Thursdays @ Noon. 6/5 Rio Bravo; 6/12 ChickaPea; 6/19 Sweetgrass; 6/26 Potluck! Reservations for catered meals required—sign up starts Friday before next Thursday's lunch by calling 527.3435, or signing up in person at the Senior Center. \$5-6 per person

NEW CRAWFORD SENIOR CENTER! 1st and 3rd Wednesdays 12-2 at Crawford Community Church. Join us! For info please call NFSC Board member Wanda Gofforth at 970 399-7617

Thanks to our generous sponsors:



Thanks to our generous coffee sponsor:
We appreciate your support!

North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428



June
2025

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

Crawford Service Saturday recipient
Shirley Cotten and young volunteer.



Scheduling Conflict Postpones Movie



Through the generosity of the Paradise Theater, a free Senior Movie typically airs on the second Thursday of each month at 10AM. In June, however, a commitment will postpone the film until July—but it's worth waiting for. You won't want to miss *The Gods Must Be Crazy*, a comedy set in South Africa, so mark your calendar now!