

## Thank you!

As the new Program Manager (my name is Jean Berman) it is a great delight to be in the heart of a community of generous people. On behalf of NFSC, I want to share our deepest appreciation for the support of our community.

One day recently we received a delicious variety of nutritious breads from Mountain Oven Bakery, Asian pears and Shishito peppers from Uproot, a crate of three kinds of apples picked by Mark and Jeanette Sullivant. Bobbie Selk greeted diners for Thursday lunch while several volunteers set up and cleaned up under the capable hands of Margit Yates... and we enjoyed coffee from Bower Coffee. Thanks also for organic vegetables from the garden of Ann and Mike Critchley. All of these help seniors who are stretching to make ends meet and those who could just use a helping hand. Our small community is making a difference, setting an example by coming together to help one another. Much appreciation to the volunteers who help with programs at all three senior centers in the North Fork Valley.

Thank you also to the Neighborly Rides drivers, getting people to their appointments. Thank you to the North Fork Emergency Medical Services for sponsoring S.A.I.L. exercise classes, local restaurants for providing delicious meals at a reasonable price, and those who lead groups, classes and presentations to keep us active and engaged. To Paonia Storage for our storage unit. Thank you to the Volunteers of America for providing lunches for low-income seniors in Paonia, and those who make the home-cooked meals in Hotchkiss.

Thank you to Kids Pasta Project for help-



ing us to raise money last month! The mission of KPP "is for youth to serve their local community by preparing and selling freshly-made, healthy meals and giving profits to local causes. Where possible, the ingredients for the meals are from local producers and businesses. The Kids' Pasta Project provides the opportunity to learn the value of service to community as well as relevant life skills." If you have never attended a KPP dinner, treat yourself to good food made and delightfully served by our wonderful young people, always benefitting a local non-profit. And to The Storm Cellar for superb wines for our "wine grab".

*The Storm Cellar*

Thanks also to Big B's Delicious Orchard, Cafe and Campground, who donated all the proceeds from parking one evening this summer.

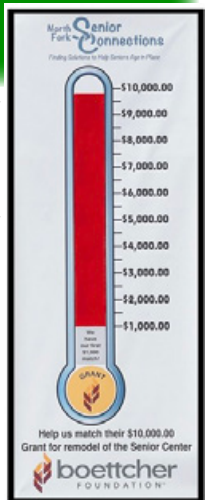


Many thanks also to the Region 10 Area Agency on Agency for a grant to support activities for older adults at the Senior Center.



## p.2 Paonia Senior Center Upgrade Project

Help put us over the top of our matching grant of \$10,000, from the Boettcher Foundation! Every contribution counts, no matter how large or small. We are so appreciative of everyone who has stepped up thus far to help us meet the challenge. The money will be used to modify one of the bathrooms so those in wheelchairs may access it, for kitchen upgrades and a few other projects. Thank you to all who have donated this month to North Fork Senior Connections:



Carla Augenstein	Paula Martin
Bronwen Barry	Lindi Mereness
Holly Bidle	Trish Meyer
Jean Berman	Eileen Milvenan
Elaine Brett	Christine Palafox
Marsha Brezonick	John Paton
Judy Briscoe	Margaret Rozman
Jette Carlson	James Schott
Eliza Coyle O'Reilly	E M Short
Collinette Corson	Emily Sinclair
Claire Dauwe	Terry Smith
Bonnie Eisenberg	Surface Creek Senior
Flora Fauna (Mary Katz)	Citizens
Wanda Gofforth	Monie Stites
Linda Hansen	Mark Sullivant
Connie Hodges	Linda Talbot
Stacey Hopner	Brad Thacker
Joan Hunt	Anne Wilcox
Carol Jacques	Bruce Woodside
Donna Littlefield	Sally Zeman

### ***Jill and Dave Knutson's Fabulous Alaskan Adventure and***

### ***Marta Sanchez' Beautiful Hang Drum Music*** **Tuesday, October 21st 2 pm-**

Join us for slides, maps and stories of the Knutson's 9,200 mile meander through British Colobia, Alaska, the Yukon and the Canadian Rockies, followed by Marta's calming and meditative music on this unique instrument. Be ready to float into this ethereal soundscape and just relax.

## Crawford Corner

Wednesday, October 1st and October 15th, North Fork Senior Connections invites local elders to lunch at the Crawford Senior Center in the Crawford Community Church.

- October 1st will be catered by Berg Harvest (yummy pizza), and the program will have local candidates running for the School Board: Jennifer McGaven, Adena Kreutz, Sheldon Kier, Kristina Hines, and possibly Autumn Wynn.
- October 15th will be catered by the North Fork Boardwalk, and there will be a presentation by ASEDD: Awareness, Support, and Education about Dementia for Delta county. Jess Deegan and possibly Amy Thieme will present an overview of dementia, including types, incidence, and how to be present with loved ones experiencing dementia.

## Service Saturdays are Coming!

### **Service Saturdays are Coming!**

**Paonia Oct 25th**

**Hotchkiss/Crawford November 1st**

**9 am - 1 pm**

**Neighbors Helping Neighbors:** Are you a senior who could use some help with seasonal property maintenance tasks? - or are you someone willing to lend a hand to help a neighbor? Families and people of all ages are invited to join us for a few hours to make a difference in our community.

Volunteers will work in teams to help seniors in our communities stay in the homes they love by raking leaves, cleaning gutters, washing windows, winterizing swamp coolers, storing patio furniture and other chores. After a satisfying morning of doing good, we will gather to share stories and eat lunch, knowing we've made our community a better place to live. It's truly a win-win.

If you'd like to be part of Service Saturday—whether you're a senior who could use help winterizing your property or a volunteer of any age who'd like to donate a morning's work—please reach out to us at North Fork Senior Connections at 970-527-3482, or by emailing us at [nfse-niorconnections@gmail.com](mailto:nfse-niorconnections@gmail.com). All are welcome!

### Outgoing Board Chair - Bruce Woodside

Bruce has been a pillar of the board for 3 years, advancing the North Fork Senior Connections and overseeing the complex merger of the NFSC with the Paonia Senior Center. Continuing to serve on both the Water Company and Wild Sage Natural Burial boards, he is looking forward to having the time to volunteer with other local non-profit organizations, and developing permaculture on his property. We owe you a great debt of gratitude for your dedication and service!

### Meet Our New Board Chair - Wanda Gofforth

Born and raised in the American Heartland state of Iowa, Wanda came to the North Fork in 1977, living

first in Hotchkiss, then Paonia, and settling in Crawford in 1987, where her husband Argee ran Electric Motors Company, and Wanda worked with the First National Bank, then becoming a financial consultant. Wanda raised two children, Dean Kaestner, who is now with Border Security for the US in Dublin, Ireland, and Karla Ted, a superintendent of schools in Oregon. Wanda served on the Crawford Community Council for 4 years, and was the mayor of Crawford for 8 years. She is the force behind the North Fork Senior Connections Crawford Senior Center. She enjoys spending time with her family, and quilting, which she was introduced to by her grandmother. We are so fortunate to have her as our Board Chair!

## October Calendar

*(all activities at Paonia Senior Center unless otherwise noted)*

**Dementia Caregivers Support Group** - 2nd & 4th Wednesdays at 1:30 Hotchkiss Town Hall (sponsored by ASEDD - Awareness, Support, and Education about Dementia for Delta County)

**Meditation** - Thursdays 9-10 am. Meg O'Shaughnessy facilitates the Here & Now Meditation. All are welcome!

**Riverwalks** - Thursdays at 9 am. Meet at the Gazebo in the Paonia River Park parking lot

**Stay Active & Independent for Life (SAIL)**

- Mon & Thurs 9:30-10:30 Hotchkiss Memorial Hall

- Monday 10-11 Crawford Town Hall,
- Tues & Thurs 5:30-6:30 - Advanced Classes - Crawford Town Hall

- Tues & Fri 8:45-9:45 & 10-11 Paonia Senior Center

### Senior Meals at Noon

- Mon, Wed & Fri - Volunteers of America Lunch (dine in or pick up) - for info call Debbie at 970-874-7661

- Tues, Wed & Thurs - Hot meals cooked and served at the Hotchkiss Senior Center - no reservation required; to go orders available. 970-872-3494

**Thursday catered lunches** - sign up between Friday - Monday the previous week, in person or call 970-527-3435, \$6 donation - correct change appreciated (if you need to cancel, please call)

- October 2 - Rio Bravo
- October 9 - Berg Harvest
- October 16 - Sweetgrass Paonia
- October 23 - Clemie Bouton

October 30 will be an Autumn/Hallowe'en potluck (no charge)

### Tuesdays at 2

- October 7 - Breathe to Save your Life with Derek Udy, by donation
- October 14 - Song Circle with Ellen Stapenhorst
- October 21 - Jill & Dave's Alaskan Adventure -and- Marta's relaxing Hang Drum Music (see article page 2)
- October 28 - Book Club - Banned & Challenged Books

**Write Your Life** - Memoirs - Wednesdays at 1:30 Please call for information or to join by calling 527.3435, or signing up in person.





# North Fork Senior Connections

*Finding Solutions to Help Seniors Age in Place*

P.O. Box 1738 Paonia, CO 81428



## Board of Directors

October  
2025

Wanda Gofforth, Chair (Crawford)  
Bonnie Eisenberg, Vice Chair  
(Hotchkiss)

Brad Thacker, Treasurer (Paonia)  
Mark Sullivant, Facilities Manager  
(Hotchkiss)

Lindi Mereness - Secretary (Paonia)  
Marsha Brezonick (Paonia)  
Carol Jacques (Paonia)  
Paula Martin (Paonia)  
Jean Berman, Program Manager

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

Volunteering is  
a work of heart



Are you a senior who needs help—  
or do you want to lend a hand?

## North Fork Senior Connections **SERVICE SATURDAY**

In Paonia: Sat. Oct 25

In Hotchkiss & Crawford: Sat. Nov 1

9am-1pm

Paonia: Meet at Apple Valley Park

Hotchkiss: Meet at Fairgrounds Crawford: Meet at Library  
parking lot

MAKE A DIFFERENCE! Help older adults age in place. Volunteers needed  
to help with seasonal chores (raking leaves, cleaning gutters, washing  
windows...) Lunch included! Wonderful family service activity. And

**SENIORS:** Don't hesitate—let your community neighbors help out! To  
volunteer, receive assistance, or for info: 970.527.3482

[nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com)