



Pleasure in Helping and Being Helped

The incredible neighborliness of the North Fork Valley communities is something worth celebrating. Our semi-annual Service Saturday is one of the many ways in which we serve and assist one another, strengthening the spirit of community for us all.

In Paonia, the morning air was fresh and crisp, changing to tee-shirt weather by noon, the clear blue sky a glorious background to golden autumn leaves, the first snow on Lamborn Mountain, and pumpkins on porches. NFSC board members and other volunteers pitched in to help this first time coordinator make lists and phone calls, bring items from storage, teach volunteers the fine art of using Full Crystal solution for window washing, and leading work teams. Thirty volunteers showed up to go out in teams to rake leaves, do yardwork, wash windows, and clean gutters for almost 40 seniors. Two volunteers went above and beyond to visit one more person and do her yard work after lunch. We enjoyed baked goods from volunteer bakers and a lovely fresh fruit plate made by one of the people we helped. Fresh coffee came from Bower coffee and generously discounted, yummy pizza from Berg Harvest. Those of you who donate to NFSC make this all possible, too. Service Saturdays in Hotchkiss and Crawford are next.

It's not possible to say who receives the most - those who are helped to care for their homes by the work received or volunteers who have the pleasure of working with neighbors in the joy of giving. To me, this kind of sharing is humanity at its best. I can't help but think that our spirit of community provides a kind of balm and example, like other small communities and neigh-

borhoods, influencing in some small, but potent way, the troubles in our world.

We are Thankful for You!

Thanks to everyone reading this for being part of this vibrant community in your own way, even if that's just by staying in the loop or actively participating. You matter to us!

A special thanks to all of you who stepped up to help us match the Boettcher Grant; we raised almost \$16,000 in just 6 weeks and are now navigating how to upgrade the Paonia Senior Center to make it safe and accessible for all. Thank you Carla Augenstein, Bronwen Barry, Jean Berman, Holly Bidle, Marsha Brezonick, Judy Briscoe, Jette Carlson, Eliza Coyle O'Reilly, Claire Dauwe, Bonnie Eisenberg, Wanda Gofforth, Connie Hodges, Carol Jacques, Mary Katz, Judith Lafferty, Carol Littel, Donna Littlefield, Betsy Marsten, Paula Martin, Lynn Mattingly, Lindi Mereness, Trish Meyer, Eileen Milvenan, Christine Palafox, James Schott, Bobbie Selk, E M Short, Emily Sinclair, Terry Smith, Monie, Stites, Mark Sullivant, Brad Thacker, David Torkelson, John Valentine, Anne Wilcox, Bruce Woodside, and Sally Zeman.

A sincere thank you also to those who donated to our general fund this past month: Elaine Brett, Karen Kalrymple, Paula Knighton, Ronald Hanna, Adam & Andra Mendoza, Zymico, and several Anonymous donors. Thank you to Richard Holder for donating in memory of Lynne Bear.

Thanks to the CO Housing & Finance Authority for supporting our Neighborly Rides program and to the Surface Creek Senior Citizens for

continued p.2

supporting our Thursday lunch and other programming.

Thank you to John Valentine, who formats this newsletter, and Jim and Rita Lang of High Country Printing & Graphics, who print it. Thank you to Crawford lunch volunteers Mary Pipher and Hetty Todd, and Michelle Specht, our gracious host at the Crawford Community Church, and to Paonia VOA lunch volunteers Lisa Henion and Penny Sutton, anchored by VOA employee Judi Ricker, who has been serving meals to seniors here for 15 years!

Crawford Corner

Wednesdays, November 5th and 19th, the North Fork Senior Connections invites local elders to lunch at the Crawford Senior Center in the Crawford Community Church.

November 5th will be catered by North Fork Boardwalk. "Music of the British Isles" with musicians Lindi Mereness and Fran Stein

November 19th - Wow your neighbors with something delicious for a potluck! "The Smart Cookie's Guide to Prevent ID Theft" with Lisa Heinritz of United Business Bank.

Medicare Open Enrollment

November is Medicare open enrollment period (actually 10/15-12/3). For this limited period, you have the opportunity to change your health insurance if you are unhappy with your current coverage or if your current plan is not going to be available in 2026. There are basically three types of health insurance for seniors: Original Medicare (run by the gov't), Medi-gap plans, (offered by insurance companies), and Medicare Advantage plans, also offered by health insurance companies. The cost and coverage varies wildly between the three, so it is important for you to determine how much insurance you need for your individual situation. I am not an expert, but here is the difference between the three types as I understand it.

Original medicare covers roughly 80% of hospitalization and doctor visits/services. It does not cover prescription drugs, dental, vision or hearing. It is accepted by most doctors and they rarely deny coverage. The cost depends on your income level and is deducted from your social security payment.

Medi-gap supplements original medicare to cover that 20% not covered, but still does not include dental, prescription drugs, hearing or vision. Medi-gap is in addition to medicare. There is a hefty monthly premium and there are restrictions on enrollment.

Medicare Advantage plans cover medical care and hospitalization, and, in most cases, also

cover prescription drugs, dental, vision and hearing, and are great for those without major health issues. They have a low, or sometimes no, monthly premium, but your providers need to be in their network. Medicare Advantage plans replace medicare, so the money that is deducted from your social security for medicare goes to the insurance company instead of the gov't.

You can call Colorado Senior Health Insurance Assistance Program (SHIP) 1-888-696-7213, 9am -5pm, for free assistance sorting out which type of plan will best meet your needs. There is also a lot of information about the various plans in the "Medicare and You" pamphlet, which you should have received by mail. Delta county does not have as many plans available as you would have in a larger city. But there are still enough choices to make your head spin.

You are probably already being bombarded by ads from medicare insurance brokers who represent several insurance companies and can explain the details of the various plans available and will also look at your individual needs, health issues, prescriptions you are taking, etc. to help you find the right coverage for you. They can also get you signed up for a new plan while you are on the phone with them.

It can be a daunting task to sort out your needs and options, but it is important, so don't wait until the last minute.

Gentle Joint Mobility

Tuesday at 2:00, November 18th: **Gentle Joint Mobility for Immune Health and Vitality** with Mary Cain - Movement is essential for good health yet is a challenge as we age. Pairing the breath with movements encouraging gentle flexibility of our joints stimulates the lymphatic systems which carries nutrients to our cells and collects waste. This simple practice, accessible to all, will increase your vitality and reduce stiffness, freeing you to enjoy daily life more fully.

New S.A.I.L. Class Instructors

Welcome to our newest “Stay Active and Independent for Life” Instructors, Ashley Sargent and Christine Palafox. They join our much loved long-time instructors Deb Cheesman and Samantha Thompson. Many thanks to you all for helping us stay fit and strong!

Jill and Dave Knutson’s Fabulous Alaskan Adventure and Marta Sanchez’ Beautiful Hang Drum Music will be rescheduled in January.

November 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

Thursdays catered lunches - sign up between Friday - Monday by noon, in person or call 970-527-3435, \$6 donation - correct change appreciated (if you need to cancel, please call)

- November 6 - Flying Fork
- November 13 - Clemie Bouton

- November 20 - Chrys Bailey
- November 27 - Lunch in Hotchkiss - see under “Thanksgiving Day”

Shakespeare Discussion Group - Tuesday, November 18th, 6-7:30 - Macbeth Welcome to folks brand new to Shakespeare, actors, curious readers, and Shakespeare geeks, to discuss a different play each month, critical commentary, film versions and more. 3rd Tuesday of each month.

Tuesdays at 2

- November 4 - Breathe to Save your Life with Derek Udy, by donation
- November 11 - Song Circle with Ellen Stappenhorst
- November 18 - Gentle Movement for Health with Mary Cain (see article above)
- November 25 - Book Club - “Point of View”

Thanksgiving Day - A fabulous community Thanksgiving meal will once again be available for anyone in need at Hotchkiss Senior Center at noon on Thanksgiving day. Enjoy your meal with others on site or take food home for yourself and family.

Write Your Life - Memoirs - Wednesdays at 1:30 Please call for information or to join North Fork Senior Connections Board Meeting - Tuesday, November 11 at 11:30



Board of Directors



- 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

November 2025

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

Lynne Bear



Lynne Bear

1927 - 2025

Lynne Bear was born and raised in Paonia and was a vital member of the community for her entire life. With her husband, Charlie Bear, she had many businesses in town including a restaurant on Grand called the Purple Cow, a beauty salon and the Bear Theatre (now Paradise theatre). She was a tireless worker/volunteer at the Paonia Chamber of Commerce and the Paonia Senior Center. Lynne served over ten years as President of the Board and general manager of the Paonia Senior Center. In that role she dedicated countless hours to creating a place for seniors to find community and make new friends. Earlier this year she was honored for her dedication to the community by being chosen Grand Marshall of the Cherry Days Parade. She is survived by two sons, grandchildren and great grandchildren. She will be greatly missed.



Happy Birthday!

Wanting to include everyone, we are no longer wishing birthdays to individuals, but Happy Birthday to all with birthdays in November!