



## Embracing Change and Building Resilience

“North Fork Senior Connections exists to ensure that, as we age, we do so with connection, dignity, and purpose. We support older adults in the North Fork Valley by offering opportunities for meaningful engagement, personal growth, and the ability to age in place in community.”

Change is one of life’s few certainties. Whether it’s the shift of seasons, a move to a new home or community, new physical symptoms, challenges in a long term relationship, or the way technology continues to evolve, change is always at our doorstep. For many, especially in our later years, change can feel unsettling. Yet, it also offers us opportunities—to grow, to learn, and to rediscover our inner strength.

Resilience is what allows us to navigate these changes with grace and courage. It’s not about ignoring challenges or pretending everything is fine. Rather, resilience means facing what comes our way with flexibility and hope. Think of it as the ability to bend without breaking—like a tree that sways in the wind but stays rooted in the ground.

One of the best ways to build resilience is by staying connected. Relationships with friends old and new, family, and community give us a foundation of support when life feels uncertain. Sharing experiences, laughter, and even challenges reminds us that we’re never alone in navigating change.

Another important aspect of resilience is maintaining a sense of purpose. Whether through volunteering, mentoring, creative hobbies, or learning something new, having a reason to get up and engage each day can make transitions easier to handle. Purpose fuels positivity—and positivity strengthens resilience.

It’s also helpful to acknowledge and honor

the feelings that come with change. It’s natural to feel sad, frustrated, or anxious when facing something new. Taking time to reflect, journal, go for walks or talk with someone you trust allows you to process those emotions in a healthy way. Over time, acceptance replaces resistance, and courage replaces fear.

Nurturing your physical well-being plays a vital role in emotional strength. Simple habits—like going for walks, bike rides, movement classes or other regular exercise, regular and healthful meals (and don’t forget a few treats once in a while), rest, and time outdoors—help the body and mind adapt more easily. A healthy routine can ground you when everything else feels in flux. Accept that your self care will never be perfect; know that you’re doing the best you can and that is good enough.

As we age, we accumulate a lifetime of wisdom. We’ve been through ups and downs, starts and stops, joys and losses—and yet, here we are, still learning, still growing. That alone is proof of resilience.

So when the next change comes—and it always will—take a deep breath and remind yourself: you’ve weathered storms before. Each one has made you stronger, wiser, and more adaptable. Change may be inevitable, but resilience is your lifelong companion.

By embracing both, we continue not only to move forward but to thrive.

## Paonia Senior Center Update

With our former renter moving to a new location, we are re-integrating “the annex” which has been used as an apartment for years. There is an already existing ADA bathroom (!) and additional spaces for use. Much appreciation to Mark and Jeanette Sullivant, who have spent hours and days renewing that space, and are now preparing the main facility for repainting. Thanks also to Eric Wright, who has been volunteering his time. Much appreciation to Linda McCone and John Valentine, who have donated their lovely and functional office furniture which will replace the makeshift pieces we have been using (including the kind of classroom desk many of us grew up with!). Change is coming in the kitchen as well. Thanks to our senior center users for accommodating the process. We look forward to welcoming our community into our renovated space!

## Neighborly Rides

Free transportation for seniors, within Delta county, for medical appointments, grocery shopping and other errands. Call 970-527-1735, several days in advance, to schedule a ride, or to request a driver application.

## Special Programs

**Paonia Feb 3 during lunch:** Paonia K-8 Kindergarten class will come say hi, sing a song or two, and have hot chocolate with us

**Crawford Feb 4 during lunch:** Kathy Steckl from the North Fork EMS will (need text)

**Paonia Feb 12 during lunch:** Keith Ellison will play background music with his double bass

**Paonia Feb 17 at 2:** Threshold Weavers is an intimate group of voices that offers compassionate song for sacred thresholds, offering comfort, presence, and peace through song.

*Threshold Weavers (Right) Rebecca Ascarrunz, Emily Bloom, Aja Kiryn, Katie Snyder, Meghann McCormick*

## NFSC Community Survey

Thanks to all who took the time to fill out the survey! We want you to know that we read each and every comment and suggestion and are using this information to consider improvements and plan future programs. The survey was intentionally anonymous, so that we could share the results in full transparency with the NFSC community.

You can find the link to the results here:

<https://tinyurl.com/2vrzpzac>

We also would like to say to those who commented that they are unable to afford to come to lunches, are homebound and need rides or other assistance, or have a program that they would like to offer to the community, please contact the office and let us know!

## The North Fork Senior Connections Annual Report

is now available. Thank you to everyone who helped make 2025 a wonderful year!

<https://drive.google.com/file/d/1EKPa4O-q58pxNG3moZ-Y8U5Z8SQcwpQ4S/view?usp=sharing>

## Thank you to our generous January donors!

Anthony Reichenbach, Lindi Mereness, Marsha Brezonick, Marjorie True, Mike Atwood, Pat Hunter, and T Bracket Pizza.



**February at a Glance**  
**North Fork Senior Connections**

**Meals**

**Paonia VOA Lunch** – Mon/Wed/Fri, Noon • 970-874-7661

**Hotchkiss Meals** – Tues/Wed/Thurs, Noon • 970-872-3494

**Souper Tuesday with Anthony (Paonia)** –

- 1st & 3rd Tues (\$2-3 donation)
- Feb 3 Corn Chowder & Cornbread
- Feb 17 Tomato Basil & Mini Grilled Cheese Sandwiches

**Crawford Lunches** –

- 1st & 3rd Wed (\$6-10) to reserve call Wanda at 970-216-6345 or wgofforth@gmail.com
- Feb 4 Boardwalk – Kathy Steckl, NF EMS, on Valley Emergency Services and community paramedicine—healthcare model where paramedics are in expanded roles, partnering with primary care physicians to treat patients at home, connect to services, provide transportation to medical appointments.
- Feb 18 AP Catering

**Paonia Thurs Catered Lunches** (\$6-10) – 970-527-3435 to reserve Fri-Mon noon (limited spaces - be sure to call early)

- Feb 5 Rio Bravo
- Feb 12 Flying Fork
- Feb 19 Chrys Bailey
- Feb 26 Clemie Bouton

**Programs & Learning**

**Tues Programs** (Paonia, 2 pm)

- Feb 3 Breathe to Save Your Life with Derek Udy (by donation)
- Feb 10 Song Circle with Ellen Stapenhorst
- Feb 17 Threshold Weavers (see above)
- Feb 24 Book Club “Love in its Myriad Forms”

**Shakespeare Group** – Tues Feb 17, 6 pm (A Winter’s Tale)

**Write Your Life (Memoirs)** – Wed 1:30 pm

**Wellness & Exercise**

**Meditation** – Thurs 9 am (Paonia)

**SAIL Classes:**

- Hotchkiss: Mon/Thurs 9:30
- Crawford: Mon 10 • Tues/Thurs 5:30 (Adv.)
- Paonia: Tues/Fri 8:45 & 10  
 (The Riverpark Walk will return later this year)

**Support & Meetings**

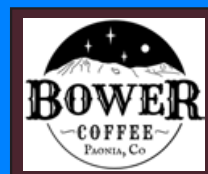
**Dementia Caregivers Group** – 2nd & 4th Wed, 1:30 (Hotchkiss)

**NFSC Board Meeting** – Tues Feb 10, 11:30 (Paonia)



Jill and Dave Knutson’s Fabulous Alaskan Adventure

Thanks to our generous sponsors:



We appreciate your support!

# North Fork Senior Connections

Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428

## Board of Directors



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### T Bracket Pizza

221 E Bridge St, Hotchkiss, CO 81419  
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It's always a good day for ice cream!" Bobbie Selk, Carol Jacques, Judy Anderson



Lunch Volunteer Manager Margit Yates demos how to clean a pan



Bobbie Selk's 93rd birthday celebration with Clemie Bouton