



## Regaining a Sense of Awe

Somewhere along the road of responsibility, routine, and life's ups and downs, many of us misplaced something precious: our sense of awe. As children, it came naturally. We could watch a ladybug for ten minutes, marvel at a sunset, or listen to a story as if it were pure magic. Awe lived close to the surface.

The wonderful truth is that awe never disappears. It only waits for us to notice again.

In our senior years, we are uniquely gifted with the time and perspective to rediscover it. Awe might be found in the quiet of early morning, coffee in hand, watching the light slowly fill the room. It might be hearing the laughter of grandchildren, or the sound of your own laughter sur-

prising you. It might be learning something new, meeting someone new, or seeing something familiar in a completely different way.

Awe doesn't require grand adventures. It lives in small moments: snow crystals silently etching tree limbs, the first spring flower, the kindness of a stranger, a favorite song on the radio. It lives in realizing how much you have lived, how much you have loved, and how much still remains.

Regaining a sense of awe brings energy, curiosity, and joy. It reminds us that life is not finished with us, and we are not finished with life.

Today, pause for a moment. Look around. There is something, waiting quietly, ready to amaze you.

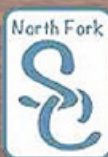
Wild Sage Natural Burials invites you to a FREE film screening at The Paradise Theatre of:

**ALTERNATE ENDINGS**  
SIX NEW WAYS TO DIE IN AMERICA



**MARCH 5TH**  
**6PM**

*This film kicks off a collaborative end-of-life workshop series with North Fork Senior Connections. Stay tuned!*



## Valley Organic Lunch Program For Seniors

The Senior Winter Soup program is going great guns this year! Our wonderful volunteer drivers love visiting recipients, and the returned jars—often filled with donations or heartfelt notes—truly make our day.

We've even shed a few tears at the kindness expressed. Thank you! Our kitchen volunteers gather on 2nd and 4th Tuesdays, with morning and afternoon crews sharing a simple lunch together at 1:00. It's a great time to connect, and it's never too late to join us. Call or text Rylee at 303-638-6727 to sign up. Come join us for a few hours!

Each time we make nearly 30 gallons of

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soup, delivering over 125 quarts to seniors, volunteers, and donors. We are still short of funding for the full five-month season. If you know someone who would like to help, please have them contact Rylee at 303-638-6727 or Chrys at 970-417-2299. This program is almost entirely community-funded. Thank you for your generosity and for helping keep it local!



Donors, clockwise from above: Painting crew, nursery rhymes, kindergartners, Threshold Weavers, dishwasher in action.



## Thanks to our donors

Thank you to our generous recent donors: Keith and Lisa Ellison, Rand Kokernot, Dave and Jill Knutson, Anthony Reichenbach, Lawrence Ribnik, Linda Talbot, Marjorie True, and monthly donors Brad Thacker, Meg O'Shaunessey and Bruce Woodside.

Gratitude to the Volunteers of America, who donated useful kitchen equipment, including getting the dishwasher in working order!

Thank you to Paonia K8 Kindergarten teacher Jodi Simpson and the adorable children for entertaining us with nursery rhymes, in full costume!. To the Threshold Weavers, for sublime, soothing harmonies and to Keith Ellison for delightful background music on his bass. We'll remember to get a picture next time he comes. Hats off to the best painting crew ever: Mark and Jeanette Sullivant and Brad Thacker – thank you for spiffing up the Paonia Senior Center!



Many thanks to Jana Lott and her family for our wonderful new reception desk!

## 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.

Thanks to our generous sponsors:



We appreciate your support!

## March 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) – (\$2-3 donation) March 3 Pasta Fagioli, March 17 St Patty's Irish Potato Soup, March 31 st Beef Borscht

**Crawford Lunches** – 1st and 3rd Wed (\$6-10) to reserve call Wanda at 970-216-6345 or wgofforth@gmail.com, March 4 Fruitland Mesa Club, March 18 TBD

**Paonia Thurs Catered Lunches** (\$6-10) – 970-527-3435 to reserve Fri-Tues noon

- March 5 AP Catering
- March 12 Sweetgrass
- March 19 Chrys Bailey
- March 26 Flying Fork

### Programs and Learning (Paonia)

**Tues at 2:**

- March 3 Breathe to Save Your Life with Derek Udy (by donation)
- March 10 Song Circle with Ellen Stapenhorst
- March 17 Understanding the Dementia Universe
- March 24 Book Club: Religion/Spirituality
- March 31 Preventing Identity Theft

**Shakespeare Group** – Tues March 17, 6 pm: Hamlet

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

**Tech Help** – TBD

### Wellness and Exercise

**Meditation** – Thurs 9 am (Paonia)

**Riverpark Walk** – Wed 10 am

**SAIL Classes:**

- Hotchkiss: Mon/Thurs 9:30 am
  - Crawford: Mon 10 am; Tues/Thurs 5:30 pm
  - Paonia: Tues/Fri 8:45 am and 10 am
- River Walk** resumes in March! Join us on Wednesdays at 10 am at the gazebo in the Paonia River Park for time in nature.

### Support and Meetings

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

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

### Special Programs

#### Understanding the Dementia Universe

March 17, Paonia, 2 pm; Jess Deegan, former Professor of Neuropsychology and currently as a CareGiver for his wife who has Alzheimer's. Dr. Deegan is current President of the Board for Awareness, Support, and Education about Dementia for Delta County (ASEDD). Learn about the underlying physiological issue causing Dementia, how to be the Best Care-Giver possible, and hope for the future.

#### The Smart Cookie's Guide to Preventing Identity Theft!!

Paonia, March 31; 2pm The staff at United Business Bank are excited to present this program! We will discuss tips to help prevent becoming a victim of Identity theft and various scams. Please join us as we present bit and crumbs that will help everyone stay safe.

#### End of Life Planning

March 19, 4:30- 6:00 pm, Paonia Library; From living wills to POA's, leave your loved ones prepared!

# 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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This newsletter has been sponsored in full by KVNF. Thank you for your support!

**Radio with a Pulse**

**KEEP THE HEARTBEAT OF KVNF STRONG!**

KVNF's Spring Drive is coming up. Please show your support with a donation

**WWW.KVNF.ORG/DONATE**

"HERE'S LOOKING AT YOU, KID!"

**NORTH FORK SENIOR CONNECTIONS PRESENTS**

**MARCH 12**

DOORS OPEN 5:00 PM  
MOVIE STARTS 6:00 PM  
ENTRY BY DONATION

**Casablanca**

**PARADISE THEATRE PAONIA**

**FEATURING A SILENT AUCTION**

JOIN US FOR AN ELEGANT EVENING WITH SPECIAL GUESTS AND SURPRISES

CALL NORTH FORK SENIOR CONNECTIONS FOR ADDITIONAL INFORMATION OR TO DONATE  
970-527-3482