



## Walking Slightly Faster

Frailty is a condition in older adults that increases vulnerability to everyday stresses, leading to higher risk of falls, hospitalization and loss of independence. Walking is a very effective way to help improve overall health and quality of life as well as stay fit.

Walking can be the best medicine. How fast should we walk to see real benefits?

Walk at a pace that makes it difficult to sing but allows for comfortable conversation. One study found that walking slightly faster – 14 steps per minute more than your usual pace led to meaningful improvements. To guide your walking intensity, start with measuring your usual walking pace as a baseline. Then, increase your pace slightly to find a level that feels comfortable but brisker.

Walk as fast as safely as possible, roughly 100 steps per minute on even ground, but even casual walking has positive effects. There is a Smartphone app called “WalkTest” that can accurately measure walking cadence.

The **Paonia River Park Trail** is an easy 1 mile loop along the North Fork Gunnison River with crushed gravel or packed dirt and flat terrain.

The 1.2 mile North Fork Miners Trail is a major new paved walking and biking path in Hotchkiss. It connects downtown and the Fairgrounds to the North Fork High School as well as the pool and Crossroads Park. This trail enhances safety and provides a scenic non-motorized route away from Highway 92. Notice the metal art on the sign and the beautiful walk bridge over North Fork of the Gunnison River.

**River Park Loop**, a new trail has been added behind the Fairgrounds along the river.

**Nature Connection Trails** offer accessible walking areas near the High School.

**Crossroads Trail** includes nearly 9 miles of dirt single track for hiking. It is more advanced, accessing adobe hills behind the High School with incredible views.

With a simple, pleasurable, outdoor walk every day, mature adults can reduce stress, improve heart health, strengthen muscles, reduce inflammation and boost your mood! Try walking with friends which promotes accountability and motivates your commitment to go out and Walk! Remember, movement is medicine!

## Service Saturdays are Coming!

**Paonia May 2, 9-12:30   Hotchkiss May 16, 8:30-12   Crawford May 16, 9-12:30**

Neighbors Helping Neighbors: Are you 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.

Are you a senior who could use some

help with seasonal property maintenance tasks?

Volunteers will work in teams to help seniors in our communities stay in the homes they love. We will complete tasks such as prep-

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## Service Saturdays; continued from p.1

ping garden beds, cleaning gutters, washing windows, installing swamp coolers, bringing out patio furniture and other light 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 volunteer who'd like to give a morning's work or a senior who could use help getting your property ready for summer—please reach out to us at North Fork Senior Connections at 970-527-3482, by emailing us at [nfseniorconnections@gmail.com](mailto:nfseniorconnections@gmail.com), or use the following links to sign up to volunteer:

Paonia: <https://signup.com/go/TzgcUmm>

Hotchkiss: <https://signup.com/go/nbniFkm>

Crawford: <https://signup.com/go/OAYpsKX>

### ADA Bathroom now accessible!

Located in the annex, this bathroom features a wide door, space for a wheel-chair to turn around in, grab bars and an accessible sink. Thanks to all who supported this and the capital improvements we are making at the Paonia Senior Center.

### Paonia Flower Shop



301 Grand Ave in Paonia, is our latest regular in-kind sponsor, providing the Paonia Senior Center weekly with fresh flowers for our entry way. Thank you, Nancy and Michelle!

**Volunteer leaders needed** for Thursday lunch clean ups: Looking for kind, detail-oriented folks who would like to volunteer once a month, or every other month, to help clean up and manage the kitchen crew with after lunch tasks. The work starts about 12:45 and takes about 1.5 hours. We will train you.

**Future Business Leaders of America** members came in March to help seniors with our devices. Will, Cayden, Chelsea, Ethan, Zoe, Avery and Zinnia took time from their high school studies to assist and tell us a bit about themselves. Several of these young leaders compete regionally and beyond starting businesses (including a school coffee shop and shirt printing), creating a food drive, offering public presentations, redesigning logos, and more. Thank you and kudos to their teacher, advisors and these inspiring, dedicated young folks!

### From p.5: Special Programs-Dying To Know

Make a Shroud/Lowering Cloth with Mary Cain . Email or text for more information [marypc57@hotmail.com](mailto:marypc57@hotmail.com) - 801 891 5695 Private Residence

- April 16 3-4:30 Jewish End-of-Life Rituals with Jean Berman - Jean has been leading and teaching about these rituals, which honor the soul and comfort the mourners, for decades. Slides of Rabbi Me'irah Illinisky's artwork Mapping the Journey: The Mourner and The Soul along with Jean's presentation invite you to glimpse and consider the richness and wonder of these times through a Jewish lens. Paonia Senior Center

- April 30 - 4:30-6 Green Burials with Carolyn Ringo -Match your environmental values with your end of life choices. Learn about the ins and outs of "going green," see what it looks like (slide show), and get a feel for what it can mean for your family. KVNF Community Room

## Thank you to our generous recent donors

Paonia Lions Club, Paonia Youth Center, Surface Creek Senior Citizens, KVNF, John Patton, Laurene Bissell, Lynn Wetherell, Bonnie Eisenberg & John Young, Sarah Bishop, and special thanks to the Town of Paonia.

Thanks again to Paonia K8 Kindergarten teacher Jodi Simpson and the adorable children for making rainbow placemats and centerpieces, potato soup, and for dressing in green to have lunch with us and sharing a delightful St Patrick's day song!

Thanks to Elizabeth Yaari for helping collect the branches that are in our gardening pots at the senior center until it's time to plant flowers.

A heartfelt thank you to Margit Yates, who has maintained a high level of order and cleanliness heading up the Thursday lunch volunteer team, directing other volunteers in both set up and clean up. Margit has spent countless hours over several years, week by week and month by month, staying until every dish was clean and put away. We are so grateful for your service, Margit, and wish you well in your retirement from several volunteer positions around the community.

### Casablanca

A huge Thank You to all who came out to our silent auction and 'Casablanca' Movie Night at the Paradise Theatre! Over 80 people came out to support of our organization and local senior community, and a fun evening was had by

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*Kindergarteners*



*Casablanca and auctions*

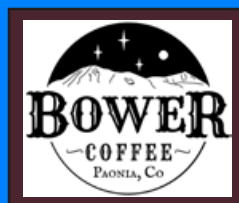
all! Together, we raised over \$3,000 for NFSC and we are so appreciative by the amount of support we received from this community.

We'd like to thank the following donors to our auction: Big B's Delicious Orchards, Qutori Wine, 476 Eatery, Avalanche Ranch, Keep Moving Forward Fitness, Orvis Hot Springs, Hotchkiss Yoga Tree, Paonia Clayworks, Lore Cacao, Drive-Brew Coffee, Fiona's Bartique, Zack's BBQ, North Fork Boardwalk, The Black Mesa Cattlewomen, Indigo Autumn, Source to Source Bodywork, Mellowroot, Julia Brown Photography, Ronna Webb, Connie Hodges, Betsy Marston, Marsha Brezonick, Paula Martin, Ray Chavez, Brad Thacker, Karen Good, Ivy Hunter, Paula Martin, Wanda Gofforth, Linda McCone, Lindi Mereness, the Family of Phyllis Johnson, the staff of the Paradise Theatre and any and everyone that bid and took home items from the auction, donated at the door, and supported our sweet local theatre by purchasing concessions.

What a lovely community we live in. Thank you all.

**Volunteer to help cook soup for the Valley Organic Lunch Program for Seniors!** Join kitchen volunteers on 2nd & 4th Tuesdays (morning and afternoon crews); we share a simple lunch at 1:00. Call/text Rylee at 303-638-6727 to sign up — come for a few hours! We still need funding to finish the season. Contact Rylee or Chrys at 970-417-2299. This program is almost entirely community-funded — thank you for keeping it local!

Thanks to our generous sponsors:



*Paonia Flower Shop*

We appreciate your support!

# April at a Glance

## North Fork Senior Connections

### Meals

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

**Hotchkiss Senior center Meals** – (\$4 donation)  
Tues/Wed/Thurs, Noon • 970-872-3494

**Souper Tuesday with Anthony** (Paonia) – (\$2-3 donation) April 7 split pea, April 21 miso with tofu and spinach

**Crawford Lunches** – 1st & 3rd Wed (\$6-10) to reserve call Wanda at 970-216-6345 or wgof-forth@gmail.com, April 1 Boardwalk, April 15 Lazy J

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

- April 2 Rio Bravo
- April 9 Sweetgrass
- April 16 Clean Kitchen (see above)
- April 23 Clemie Bouton
- April 30 Spring Potluck

### Programs & Learning (Paonia)

**Tues at 2:**

- April 7 Breathe to Save Your Life with Derek Udy (by donation)
- April 14 Song Circle with Ellen Stapenhorst
- April 21 Nutrition for Bone Health with Maddie Kent (see above)
- April 28 Book Club: “Heartwood” by Amity Gage

**Shakespeare Group** Tues April 21, 6 pm: - King Lear

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

**Thursdays at 3:**

- April 9 Games or Puzzles
- April 16 Jewish End of Life Rituals with Jean Berman
- April 23 Storytelling: New Beginnings -

come prepared to share an up to 3 minute <sup>p.5</sup> story about a new beginning now or previously in your life, or come just to listen!

- April 30 Craft and Chat - bring a craft or we will provide one

### Wellness & Exercise

**Paonia Riverpark Walk** Wed 9 am, now meeting on Wednesdays at 9 am at the gazebo in the Paonia River Park when it's a little cooler!

**Meditation** Thurs 9 am (Paonia)

**Stay Active and Independent for Life “SAIL”** Classes:

- Hotchkiss: Mon/Thurs 9:30
- Crawford: Mon 10 • Tues/Thurs 5:30 (Adv.)
- Paonia: Tues/Fri 8:45 & 10

### Support & Meetings

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

**NFSC Board Meeting** (Paonia) Tues April 14, 11:30

### Special Programs

**Bone Health Education Series:** Learn the power of bone density builders through everyday lifestyle choices, nutrition, exercise and weight bearing activities. How to optimize and maintain healthy bone tissue well into our 90's and beyond! Here's to living a vital, active and vibrant life. In Paonia. First session is

- April 21 at 2 Bone Health Nutrition with Nutritionist Maddie Kent - Bone health is about so much more than calcium - it's about how the entire body works together. In this talk, you'll learn how nutrition, digestion, stress, and daily habits influence your bones, and how simple, supportive changes can help you build strength from the inside out.

**Dying to Know Series**, co-sponsored with Wild Sage Natural Burial (wildsagenb.org)

- April 2 4-8 Tuesday, April 2, 4-8 pm

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# 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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April  
2026

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## Monthly Giving: A Little Each Month

A Big Difference All Year.

Your monthly gift helps keep programs, meals and community connections strong all year long.

\$25/month provides year-round support for our programs and community

Scan to give securely online



<https://nfseniorconnections.org/donate/>

This newsletter has been sponsored by  
Needlerock Mountain Realty & Land



## 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.

380 Hwy 92, Crawford, CO 81415 (970) 921-5331 Thank you for your support of NFSC!