



Transportation Matters for Rural Seniors

The North Fork Valley is a magnet, drawing people from across the country. But rural life has a few down sides, and one of those is lack of public transportation. This becomes a major problem for seniors with mobility issues, failing eye sight or other health concerns that limit their ability to drive to doctor appointment, community events or even grocery shopping.

Within the north fork senior community, we have a volunteer-based resource to address this need, Neighborly Rides, which was organized three years ago and is managed by North Fork Senior Connections. Seniors unable to drive themselves can call the hotline number to request a volunteer driver for a specific day and time. The volunteer drivers are just regular folks like you, who are willing to give an hour or two of their time, once a month or so, to make a huge difference in another senior's life. The conversations we have during those drives, the social connections made, and the feeling of giving back in a meaningful way, make those few hours spent as valuable for the drivers as they are for the riders. The gratitude we receive is heart-warming, (and the mileage reimbursement is nice, too).

Volunteering, social interaction and community involvement are important contributors to aging well. If you have a car in reasonable condition, a driver's license and email, you can become a needed part of the Neighborly Rides service. We get requests for rides several times a week, and drivers can pick and choose when, and if, they are available to help. If you say yes, you will be put in touch with the person requesting the ride and you two work out the details. Simple as that. Many of the request are for rides within the valley, to lunch at the senior center, to West Elk clinic, to City Market or the post office.

Does this sound like something you can do? We really need more drivers! There is some paperwork to fill out, of course, some guidelines to follow, and a training session (if you want to be reimbursed for mileage). Easy as that.

Call the Neighborly Rides hotline at 970-527-1735 for more information or to sign up.

Job Opening: North Fork Senior Connections Operations Manager

This is a half time position (20 hrs/wk), available immediately. NFSC office at Paonia Senior Center 106 3rd St, Paonia. The Operations Manager handles the behind the scenes administrative processes, collaborates with the Program Manager, and works with the board on various programs, such as fundraising,

website maintenance, etc. Must have strong computer skills for Website, Google workspace, scheduling programs, spreadsheets, social media. Must be able to multi task. Some of the work can be done from home if desired. If interested, please send cover letter and resume to nfseniorconnections@gmail.com.

Thank you to our generous recent donors:

Marsha Brezonick, Brad Thacker, Janice Thorup, Anthony Reichenbach, Kathy Baes, James and Carol Schott, Kay Riggs, Holly Hulen, Bruce Woodside, Linda Hansen, Terra Hegy, Donald and Betty Little, Marjorie True, Claudia King, Linda Talbott, Diane King, Meg O'Shaughnessy, The Surface Creek Senior Citizens and United Business Bank.

Thank you to Jill Knutsen for preparing and planting the flower planters outside the Paonia

Senior Center. Thank you to Julia Stark who has loaned a very beautiful quilt that is hanging in the Paonia Senior Center. A belated but heartfelt thank you to Eames Peterson Cellars for their donation of wine for the Casablanca auction in March. Thank you to Wanda Gofforth for donating a lovely glider to start our outdoor seating area. Come sit for a spell in the shade!

Spring Service Saturdays

56 volunteers helped at 35 homes of seniors across the North Fork Valley on 2 Saturdays in May. Teams laughed and worked together while washing windows, setting up swampers, weeding, cleaning gutters, bringing out summer furniture, and helping with yard work. Thank you to Wanda Gofforth and Mark and Jeanette Sullivant for organizing Service Saturdays in Crawford and Hotchkiss, and to everyone who showed up to give a helping hand. Thank you to the North Fork Boardwalk for donating delicious pizzas to our Crawford Service Saturday volunteers.

Valley Organic Lunch Program for Seniors

A heartfelt thank you to visionary and hard worker Chrys Bailey, her team and volunteers for 5 months of homemade, nutritious, locally sourced ingredients soups and stews, delivered twice a month to people's homes. There were a total of 102 recipients, 1024 quarts of soup delivered, 25 volunteers, 322 volunteer hours. A call or text, even the day before delivery, to let them know of someone in need was always answered. Thank you to all the local donors and foundations, farmers and ranch retailers. For information on the Seniors on Farms Summer Luncheons, pick up informa-

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course, the beautiful people of Japan. A "teaser" YouTube video

<https://youtu.be/VT1eHIMUn-M?feature=shared>

Arigato gozaima su

Tuesday, June 30, 2 pm [Quiet the Busy Mind with Simple Movement and Breath](#) with Mary Cain – Mary will share easy tools to reel in muddled, anxious, or busy minds, involving cross-body exercises and mindful breathing. Mary will offer a continuation of this class July 2, 9 and 16 at 3 pm. Optional donation.

Special Programs in Crawford

Wednesday, June 3, 12:30 [Technical Support](#) with Will Rick – Will, a recent graduate of North Fork High School, will do a short presentation on his journey of technical creativity and tell about what he is offering individuals over the summer.

Wednesday, June 17, 12:30 [Crime Victim Compensation](#) with Jamie Hunter – Jamie has worked 30 years in law enforcement and 10 years with victims of crime. She will educate us on victims' rights and how she works as an advocate locally.

Anti-Aging Article

Enjoy this excellent article used by permission from Dr. Scott Rollins from the Integrative Medicine Center of Western Colorado:

<https://imcwc.com/aging-in-motion/>

Special Programs



Jennifer Nunez - Taught about practical, accessible and empowering strategies to support bone health through lifestyle habits.



Brandon Mason - Qigong. Demonstrated exercises for spinal alignment, bloodflow, and sense of whole body connection, working with the range of motion you have, participants standing or seated.



Jessie Hastings - Neuromovement. Using Feldenkrais Movement, gentle, pain-free motions help the brain reorganize and create new patterns. It was a simple chair-based class for feeling the benefits right away.



Derek Udy - Breathwork to enhance bone health.

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June at a Glance

North Fork Senior Connections

Meals

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

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

Souper Tuesday with Anthony (Paonia) – (\$2-3 donation) June 2 French onion soup, June 16 creamy tomato with grilled cheese

Crawford Lunches – 1st and 3rd Wed (\$6-10)

- June 3 Boardwalk soup and salad bar,
- June 17 Berg Harvest pizza and salad to

reserve call Wanda at 970-216-6345 or wgofforth@gmail.com (see Special Events for speakers)

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

- June 4 Rio Bravo
- June 11 Clean Kitchen
- June 18 Clemie Bouton
- June 25 Sweetgrass

Programs & Learning, Wellness & Exercise (Paonia, except as noted)

Tues at 2:

- June 2 **Breathe to Save Your Life** with Derek Udy - (by donation)
- June 9 **Song Circle** with Ellen Stapenhorst
- June 16 **Threshold Weavers** (see Special Programs)
- June 23 **Book Club**: Colorado History

Shakespeare Discussion Group Tuesday, June 16, 6-7:30 Troilus and Cresida

Write Your Life (Memoirs) Wednesdays 1:30 pm

Paonia Riverpark Walk Wednesdays 9 am, meet in the gazebo

Meditation Thurs 9 am

Stay Active and Independent for Life “SAIL”

Classes:

- Hotchkiss: Mon/Thurs 9:30
- Paonia: Tues/Fri 8:45 and 10

Crawford classes are on hold

Support Groups and Meetings

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

Spoonies – Chronic Illness Support Group (at the Hearth/Learning Council, Paonia) 3rd Saturday of the month 12:30-2:00.

NFSC Board Meeting (Paonia) Tues June 9, 11:30

Special Programs in Paonia

Tuesdays, June 9 and 23, 11:30-12:30, **Qi-gong for Health and Longevity** with Brandon Mason – Exercises for spinal alignment, blood flow, and a sense of whole body connection.

Work with the range of motion you have, standing or seated. Optional donation Thursday, June 11, 3 pm **The Gift of Sight** with DJ White – Have you ever wondered what happens to the eyeglasses dropped in the Lions Club boxes? DJ White will present her many missions to areas of need near and far.

Tuesday, June 16, 2 pm **Threshold Weavers** – Come be delighted by this intimate group of women’s voices in exquisite harmony, offering compassionate song.

Thursday, June 18, 3 pm **Cultural Treasures of Japan** with Elaine Brett – Join Elaine for pictures, videos and stories of her recent trip of learning and discovery of Japan’s Cultural Treasures. We will visit Tokyo, Hakone, Kanazawa and Kyoto and see beautiful landscapes, Buddhist temples and Shinto Shrines, cultural crafts and practices and, of

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Finding Solutions to Help Seniors Age in Place

P.O. Box 1738 Paonia, CO 81428



June
2026

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)

Betsy Marston (Paonia)

Jean Berman, Program Manager

Jess Ott, Operations Manager

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tion at the Paonia Senior Center or reach out to Faye at 970-209-9721.

June and July Artist - Bonnie Eisenberg
Landscapes Three Ways- Farewell to Jess Ott – Jess, the NFSC Operations Manager since last November, made order of chaos in many of our records, set up vital systems, assisted with fundraising, always had a kind smile and friendly words for our Paonia Senior Center participants, and so much more. Thank you for all you offered in your time with us, and we wish you well.

Senior Connections Job Openings

Volunteer Office and Computer Assistance Share your skills and time with the team at NFSC, a few hours a week or every other week. Respond to: nfseniorconnections@gmail.com and we can enter into dialogue.

Paid SAIL Instructor The Crawford SAIL class is currently on hold while we find a new instructor. This opportunity is for 1 session on each of 2 days, with a minimum of 1 year commitment. We will train you. Contact Katie at 970-201-3423 or khedley@nfems.com

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Wrich Ranches, Crawford, CO.



Grassfed & Finished Beef & Pastured Pork.
Our mission is to nourish land, animals,
and people: mind, body, and soil.

Thank you for your support of NFSC!

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A Big Difference All Year.
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and community connections strong all year
long. \$25/month provides year-round sup-
port for our programs and community
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<https://nfseniorconnections.org/donate/>