

PO BOX 309 FAIRPLAY, CO 80440 WWW.PARKCOSENIORS.ORG
719-836-4295 SCOFPC@PARKCO.US

THE SENIOR CONNECTION

SEPTEMBER / OCTOBER 2021 ISSUE



Park County Senior Coalition Featured Program: Transportation

NEXT PCSC BOARD MEETINGS

SEPTEMBER 21ST AT
9:30AM

GUFFEY FIRE STATION

&

OCTOBER 19TH AT 9:30AM
JEFFERSON COMMUNITY
CENTER

RSVP AT 719-836-4295

The PCSC can provide mileage reimbursement at \$.56/mile for registered members to be driven to a medical appointment and/or grocery store trip. 2 trips per individual or 4 trips per household.

Book your medical appointments before the snow flies!

Programs are made possible through Federal and State funded grants, donations and fundraisers. Special thanks to Pikes Peak Area Agency on Aging.

TIPS FOR A HEALTHY BRAIN & MIND

- Your Brain Health Matters- Keep It In Shape! Find out what interests you. Try Jigsaw puzzles, Crossword puzzles, Sudoku, Coloring, Knitting, Crocheting etc.
- If you are noticing symptoms such as memory lapses, trouble with familiar tasks, decision making difficulties, behavior or mood changes please talk to your doctor
- Mental Health Matters! Practice self compassion, connect with others, eat well, find a healthy outlet for managing stress, and get plenty of sleep
- Sadness and anxiety are natural at times but if you notice your feelings start interfering with your ability to get through your daily life or start making you feel bad physically, it may be time to ask for help. There is no shame in asking for some help! Please reach out to a friend, your doctor, or the Park County Senior Coalition

September is
World
Alzheimer's
Month and
October is
World Mental
Health Month



SENIOR SPOTLIGHT

This senior life experience is from 81-year-young, Carol Todd, who lives in the Guffey area:

Carol grew up during the latter part of the 1940's when the polio virus struck the United States in epidemic numbers, crippling and sometimes killing, many children and some adults. Scientists and doctors worked feverishly to develop a vaccine, which came out in 1954. Carol's story is one of survival and triumph during that horrible time.

The virus spiked tremendously in the summer of 1948, especially where public swimming pools were located. Subsequently, Carol contracted what was called Bulbar polio, which affected the functioning of the brainstem and led to severe breathing difficulties, along with the inability to speak, move or swallow.

Her life hung by a thread for several weeks, while her mother stayed with her and prayed continuously. At one point when there was no hope or improvement, the hospital priest came and gave her last rites. As he finished praying, a few raindrops fell outside the window on a cloudless day. The next day, her eyes focused and she moved her arm. From then on she began to get better. She says it really was a miracle.

She underwent hospital therapy and after many months, she finally recovered well enough to go home. While Carol currently has limited physical capacity, she is not missing much out of life. In fact, she considers her tragedy to be a blessing. Few of the Bulbar polio victims survived. When life was totally taken away from her, she became determined to one day get to where she could enjoy, celebrate, and participate in everyday life.

She believes in not waiting for "someday", which might not come—go for the gusto, she believes! She has been her own contractor in building her dream house in the mountains, written two books and traced her family roots from strong Colorado pioneers who came to Denver by covered wagon in 1871. She says, "If I die tomorrow, I know that I have lived life to the fullest extent possible for me."

Would you like to be featured here in an upcoming newsletter? Please call 719-836-4295.

Park County Senior Coalition Board Members Wanted!

Are you looking to utilize your skills and give back to your community? The PCSC is looking for dedicated & passionate members to join our incredible Board of Directors.

Please send letter of intent to scofpc@parkco.us
or PO Box 309 Fairplay



Director's Corner

Dear Seniors,

A lot is happening at the Park County Senior Coalition! We have a brand new and improved website! Check it out at:

www.parkcoseniors.org

All program forms are now available on the website for ease of retrieval. Also, it is easy to find program information, staff & board contacts, events, link to donate, link to our facebook page and more! We want Park County residents age 60 and over to be able to contact us however they are most comfortable. If that is on the computer, over the phone, through a fax, in person, or by mail- we want to hear from you! Don't hesitate to reach out. We look forward to the connection.

Kindly,
Jennie Danner
Executive Director

Fall Recipe:

Pumpkin Pie Cookies

You will need:

1 refrigerated pie crust

12 tbsp pumpkin butter

12 regular mason jar lids (2 7/8" diameter)

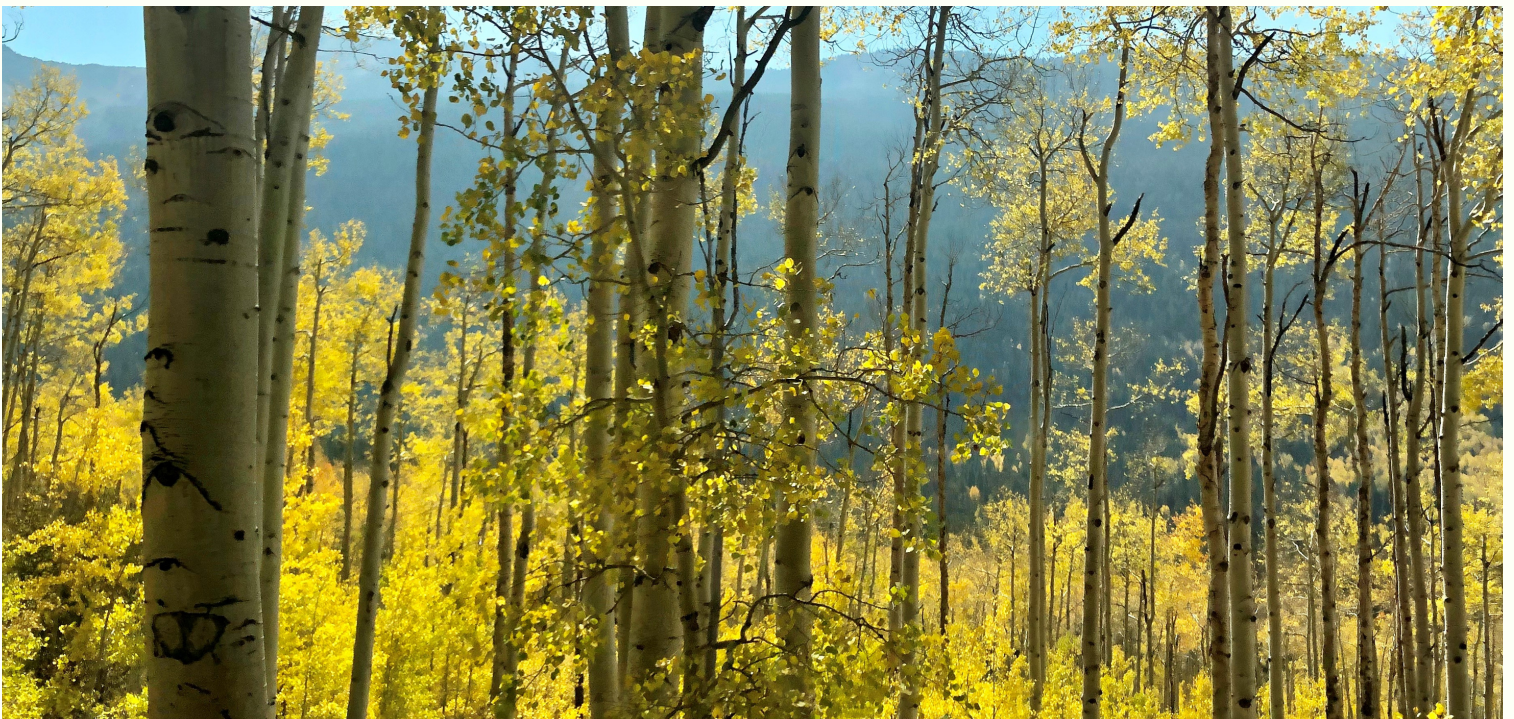
Directions:

Preheat oven to 350*. Unroll crust and allow to sit for 10 mins. Use lid to cut 12 circles. Invert sealing lid in each ring. Set dough circle into each lid. Spread 1 tablespoon of pumpkin butter over each crust leaving a small border around edge.

Place lids on baking sheet and bake for 10-13 minutes or until edges get lightly brown. Carefully transfer lids to wire rack.

Allow to cool for 10-15 minutes then lift out by pressing on bottom and carefully removing sealing lid.

Garnish with a dollop of whipped topping, if desired.

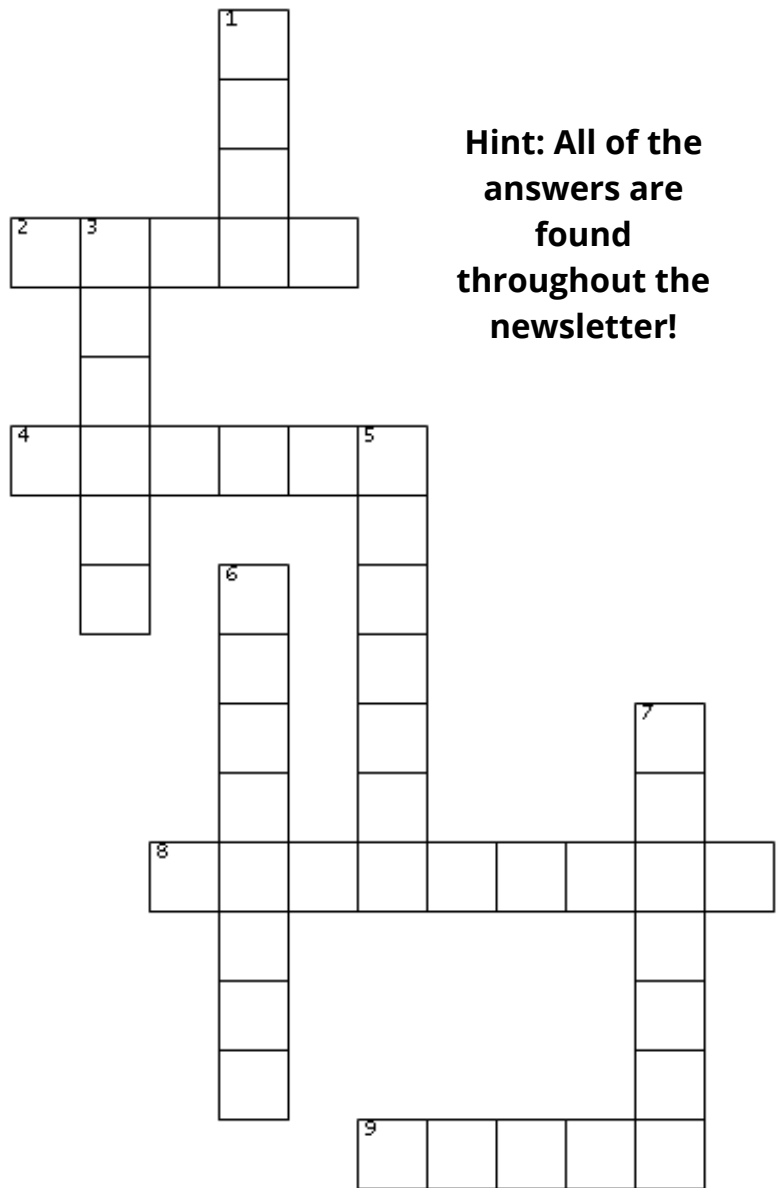


ACROSS

- 2. Larger than tiny
- 4. Opposite of top
- 8. Puzzle
- 9. Used to make bread

DOWN

- 1. Opposite of hot
- 3. Brain Function
- 5. Frame of Time
- 6. Painting in shapes
- 7. Decorate a meal



Answers to previous puzzle:

ACROSS

- 2. Park
- 4. Firewood
- 5. Senior
- 8. Magnolia
- 9. Sunglasses
- 11. Lunch
- 12. Strong

DOWN

- 1. Profit
- 3. Mountains
- 6. Pikes
- 7. Fossil
- 10. August

"The mission of the Park County Senior Coalition is to help seniors maintain the highest quality of life by remaining in their homes as long as they wish and are able."