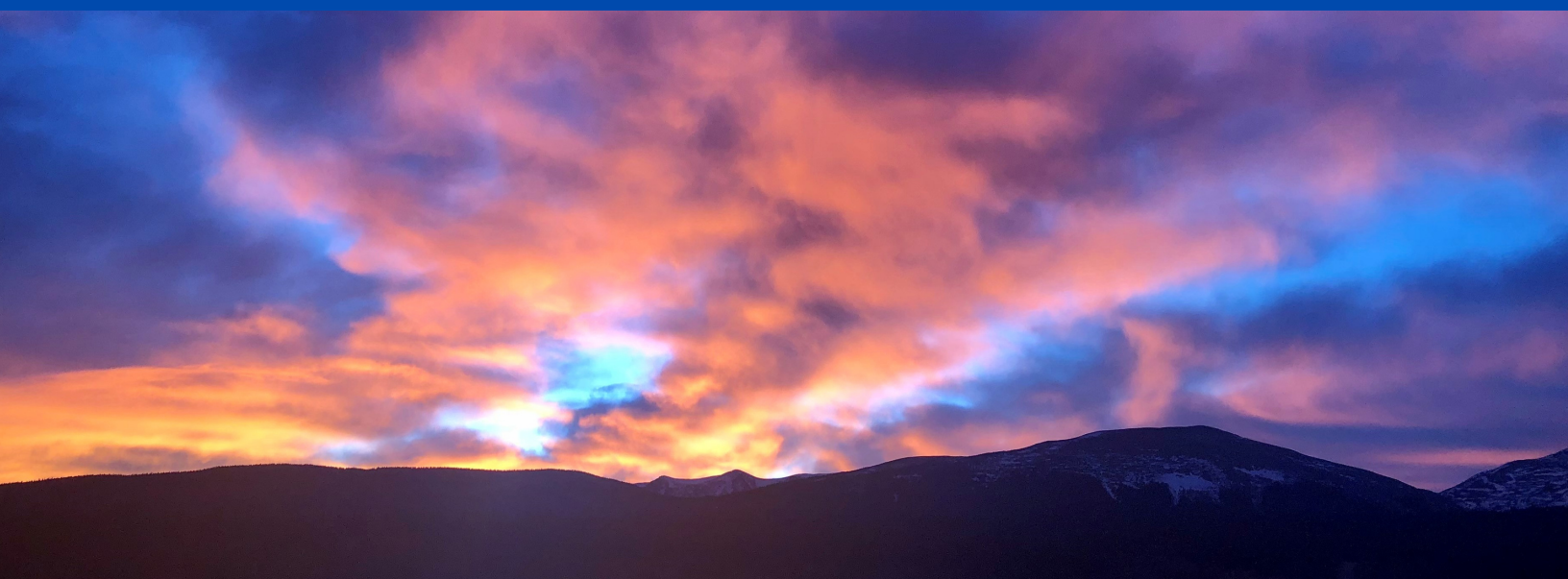


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719-836-4295 SCOFPC@PARKCO.US

THE SENIOR CONNECTION

JANUARY / FEBRUARY 2022 ISSUE



NEXT PCSC BOARD MEETINGS

JANUARY 18TH
AND
FEBRUARY 15TH
AT 9:30 AM

**FAIRPLAY
GOVERNMENT
BUILDING MEETING
ROOM 1101**

RSVP AT 719-836-4295

Park County Senior Coalition Featured Program: Homemaker

As of January 2022 the PCSC can now provide financial assistance to eligible clients for light house cleaning and house work! Eligible clients will receive financial assistance of up to 8 hours of cleaning a month at \$20/hr. We have a growing list of contractors we can connect you with!

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

A huge thank you to our generous donors and partners!

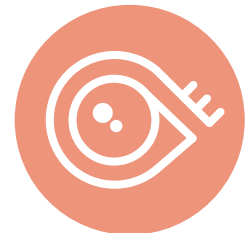
January is Glaucoma Awareness Month and February is American Heart Health Month

- Glaucoma is a group of eye conditions that damage the optic nerve. This damage is often caused by an abnormally high pressure in your eye.
- Glaucoma is one of the leading causes of blindness for people over the age of 60.
- Health factors such as uncontrolled diabetes, heart disease, eye injury, and a family history of glaucoma increase the risk of developing glaucoma
- Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is at an advanced stage. Depending on type of glaucoma some symptoms may include eye pain, blurred vision, headache, nausea, tunnel vision, and more.
- Because vision loss due to glaucoma can't be recovered, it's important to have regular dilated eye exams for early detection.

10 ways to keep your heart healthy



- Cut down on salt
 - Eat less sugar
- Limit saturated fat
- Fill up on fruit and vegetables
 - Eat more fish
 - Quit smoking
- Cut back on alcohol
- Get more exercise



SENIOR SPOTLIGHT

THE LIFE STORY OF 88-YEAR-YOUNG VERN WAGNER

Mr. Vern Wagner likes living in the mountains because he loves the country and the challenge of living in it. He moved to a ranch in Fairplay from Meeker, Colorado. He is most proud of being a team roping winner (after very little training) and being a public contest winner and leader throughout his life. Vern's hobby is team roping—and winning at it is much better than losing! His pets are his horses. He once had a fabulous sheep dog which was always by his side.

Vern stated that, of all the new inventions, he has been most amazed by the cell phone and the radio. Back in the day when he listened to the radio, they grounded it by putting down water by the radio. Then they could listen to President Roosevelt. When asked about his first job, he said that he grew up working hard. He was up at daylight on their ranch and worked until dusk. He left home at 14 years old and went to Ridgeway to work for a man milking cows. He then rode a horse four miles, tied the horse up in a shed, and went to school.

His grandfather was in the Oklahoma “run for land” and was successful. He rode a fast horse! He remembers that his father was an auctioneer, wild horse trainer, mason, and homesteader.

His father broke wild horses for \$100. Vern's son was well-behaved growing up and started roping at 4 years of age. His son was, and is, very competitive.

Vern was 18 when he was stationed at Fort Carson during the Korean War. He was drafted in 1951 and finished two years of service in Germany before returning to Colorado.

Vern has had many achievements throughout his life. His Quarter horse was rated 3rd in the world and his horses, cattle, hogs, and sheep were rated 4th in the world by the 1957 Livestock Judging Team. He was also president of the Riders Club.

Vern is a true cowboy. He is a hardworking, honest, poetic, and good man who speaks fondly of his wife, family, and all his amazing life experiences.

Want to get involved with the Park County Senior Coalition?

- **Donate monthly** - \$25/month provides 6 meals!
- **Give your time** - volunteer to deliver food or to provide transportation needs for seniors
- **Join** our Board of Directors
- **Commit** to an annual investment to expand our programs and number of local seniors served



Director's corner

Dear Seniors,

2021 was a very successful year! We served 471 clients in Park County in the areas of chore, food and transportation. We also provided case management and nutrition education services as well as hosted several events such as chair yoga, brunch, and a fraud prevention seminar.

Looking forward we are excited to be taking on new programs, expanding our client base, and continuing to make a positive impact in the daily lives of Park County residents over 60.

None of this would be possible without YOU! Thank you so much for being a valuable member of the Park County Senior Coalition.

Wishing you all health, peace, and happiness in the coming new year.

Kindly,
Jennie Danner
Executive Director
jdanner@parkco.us
719-836-4150

Recipe: Slow Cooker French Onion Soup

You will need:

Soup

- 3 cups sliced onions (3 medium)
- 3 tablespoons margarine or butter, melted
- 3 tablespoons all-purpose flour
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 4 cans (14 1/2 ounces each) ready-to-serve beef broth

Cheesy Broiled French Bread

- 8 slices French bread, 1 inch thick
- ¾ cup shredded mozzarella cheese
- 2 tablespoons grated or shredded Parmesan cheese



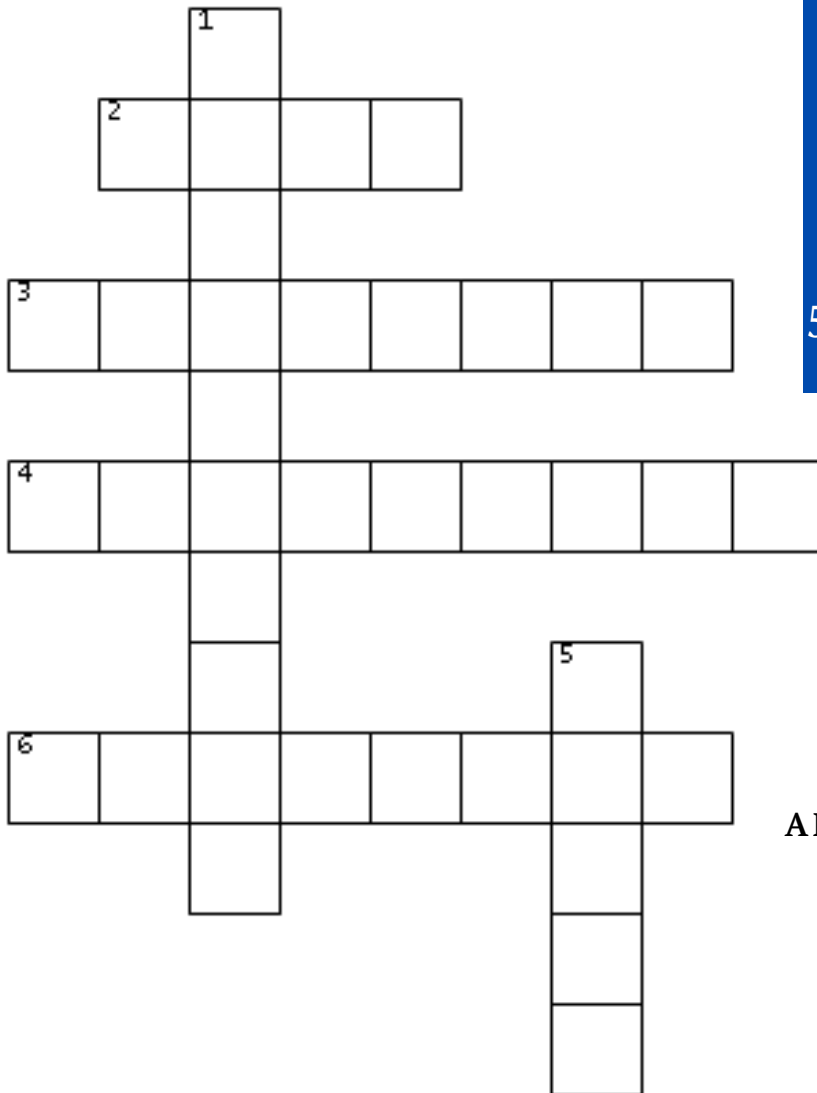
Directions:

1. In slow cooker, mix onions and margarine.
2. Cover and cook on high heat setting 30 to 35 minutes or until onions begin to slightly brown around edges.
3. Mix flour, Worcestershire sauce, sugar and pepper. Stir flour mixture and broth into onions. Cover and cook on low heat setting 7 to 9 hours (or high heat setting 3 to 4 hours) or until onions are very tender.
4. Cut French bread, put mozzarella and parmesan cheese on top and broil in oven for 2 minutes. Place 1 slice bread on top of each bowl of soup. Serve immediately.

Makes 8 servings and great for leftovers!

185 Calories, 8g Total Fat, 9g Protein, 21g Total Carbohydrate

Hint: All of the
answers are
found throughout
the newsletter!



ACROSS

- 2. NEW
- 3. WORK OUT
- 4. RODEO EVENT
- 6. VACUUMING

DOWN

- 1. LEAFY GREENS
- 5. WILL MAKE YOU CRY

Need a flu shot or COVID-
19 booster? Contact Park
County Public Health
719-836-4162

ANSWERS TO PREVIOUS PUZZLE:

ACROSS

- 3. FROZEN
- 5. CHORE
- 6. ASPEN
- 8. CHILI

DOWN

- 1. BRUNCH
- 2. DONATE
- 4. BEEF
- 7. SALT

Independence. Dignity. Safety.

PARK COUNTY SENIOR COALITION
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