

THE SENIOR CONNECTION

NOVEMBER / DECEMBER 2021 ISSUE



**NEXT PCSC BOARD
MEETINGS
NOVEMBER 16TH**

9:30AM

**HARTSEL
COMMUNITY CENTER**

DECEMBER 21ST

9:30AM

ALMA TOWN HALL

RSVP AT 719-836-4295

Park County Senior Coalition Featured Program: Chore

The PCSC can provide financial assistance to eligible clients for chores that contribute to the health and safety of the home. Example chores include snow removal, firewood delivery, chimney sweeping, hand-rail installation, and more!

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!

November is American Diabetes Month & December is National Epilepsy Awareness month

- **30.3 million people in the US have Diabetes. The two main types of diabetes are type 1 and type 2.**
- **Type 1 Diabetes:** the body completely stops making insulin. People with type 1 diabetes must take daily insulin injections (or use an insulin pump) to survive. This form of diabetes usually develops in children but can occur at any age.
- **Type 2 Diabetes:** the body produces insulin, but the cells don't respond to insulin the way they should. This is called insulin resistance. Type 2 diabetes is more likely to occur in people who are over the age of 40, overweight, and have a family history of diabetes. It's possible to control type 2 diabetes with diet and exercise. If cell insulin resistance cannot be overcome, particularly when it is poorly managed, people with type 2 will need medication. (<https://www.joslin.org>)
- **3.4 million people in the US have Epilepsy**
- Epilepsy is a central nervous system (neurological) disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behavior and sometimes loss of awareness. Anyone can develop epilepsy. To control their seizures, people with epilepsy may take medicine, have surgery, use devices, or follow a special diet.
- First aid for seizures involves keeping the person safe until the seizure stops on its own and knowing when to call 911 for emergency help. (<https://www.cdc.gov>)



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

SENIOR SPOTLIGHT

THIS SENIOR LIFE EXPERIENCE IS FROM 80-YEAR-YOUNG
BETTY WRISTON WHO LIVES IN THE FAIRPLAY AREA

Betty Wriston is the widow of a loving husband, only sister of four brothers, mother to two grown daughters and a seven-year-old brittney spaniel named Abby. Betty is of Irish heritage and says she has a strong personal relationship with God in Jesus. She is very active and goes on daily walks with Abby and her favorite hobby is quilting. When the snow is blowing, she sits by a fire with Abby and works on her quilting. It makes her the happiest to spend time with her kids, brother, and her quilts. She looks forward to seeing her husband and beloved pets in heaven one day.

Her mother has passed away and was full-blooded Irish. Betty's mother was adopted and her father was a farmer. Betty's grandfather was one of the founding fathers of Stratton, Colorado. Her wonderful daughters, Suzanne and Kimberly, live in Colorado Springs and attended private school. Her brother also lives in Colorado Springs. When growing up Betty and her brothers played baseball for fun and would often toss the ball over the house. After several windows fell victim to the baseball, their birthday presents turned into a new window and a cake.

Betty is very smart and holds two degrees, including a Master's degree in Special Education. After living in Colorado Springs for a few years, she started looking for a job in the mountains, which she loved and were so beautiful to her (and pollution-free!). When she headed off on her search for a job in the mountains, she found three opportunities and was hired immediately on the first interview! She hasn't left since.

Betty's life is full of beauty and love. She adores her late husband, her family, her dogs, her faith, and living in the beautiful mountains of Park County, Colorado.

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

Want to support the Park County Senior Coalition? Donate today!

100% of donations go directly towards senior programming

- \$25/month provides 6 delicious & nutritious meals for seniors
- An annual investment expands our programs and the number of local seniors served

There are several ways to donate:

- **by mail:** PO Box 309 Fairplay, CO 80440 or drop off in person
- **online:** Coloradogives.com for monthly or one-time donations
- **when shopping:** on Amazon use 'smile.amazon.com' and select 'Park County Senior Coalition'. Amazon will donate a percentage to us!



Director's corner

Dear Seniors,

On a hike the other day, the aspen trees blew in the wind, the pines stood tall among the majestic mountains, and the sun was shining down. I thought to myself that we are so lucky to live in this beautiful place! Here at the Park County Senior Coalition we are dedicated to helping with your transportation, chore, and food needs to make aging in this beautiful place easier.

This time of year our hearts are full with gratitude and appreciation. We are grateful for our clients, partners, volunteers, and donors. If you believe the Park County Senior Coalition is an asset to our community: please consider making a donation!

Thank you very much for helping us make a difference in the lives of seniors during this upcoming season of giving!

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

Recipe: Chili

Warm up with this hardy and easy meal!

You will need:

1 lb beef
1/2 chopped onion
1/2 green chopped pepper
1 garlic clove minced
1 16oz can of Kidney beans
1 14oz can diced tomatoes
2 tbs chili powder
1 tsp cumin
S + P to taste

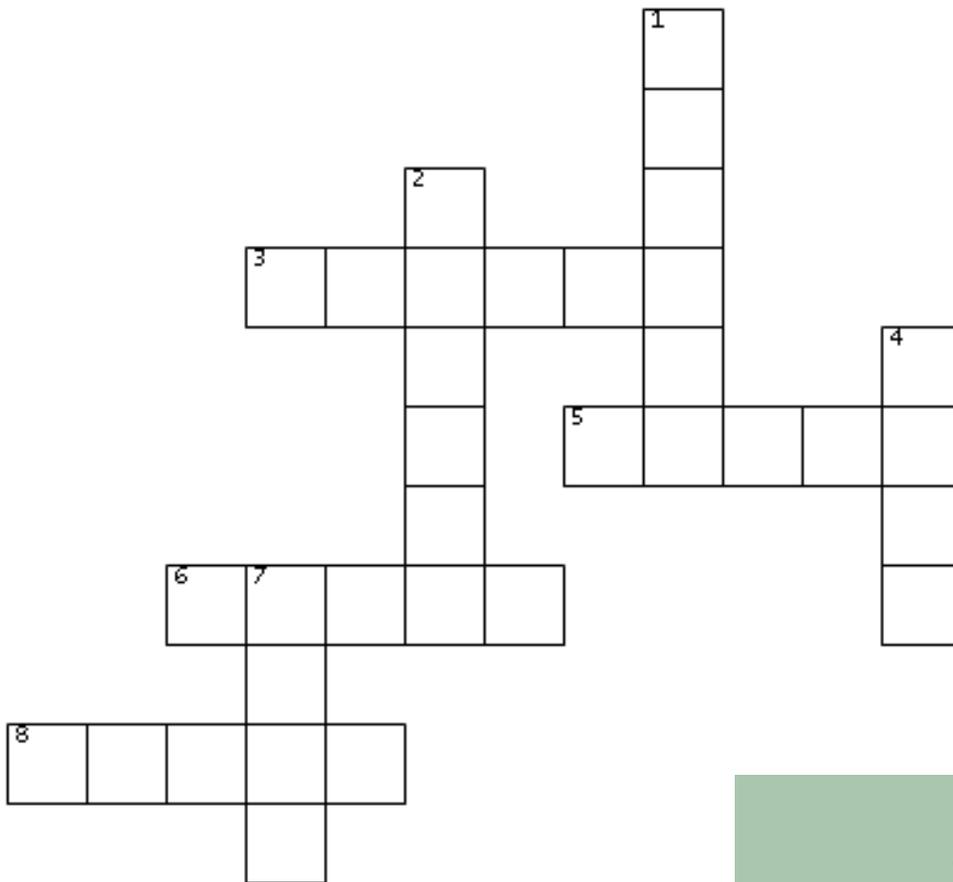
Topping of your choice!

Ideas: saltine crackers, fritos,
tortilla chips, sour cream,
shredded cheese, cilantro,
scallions, whatever you have in
the pantry!



Directions:

Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3-4 hours or on LOW for 5-6 hours.



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

ANSWERS TO PREVIOUS PUZZLE:

ACROSS

- 2. SMALL
- 4. BOTTOM
- 8. CROSSWORD
- 9. DOUGH

DOWN

- 1. COOL
- 3. MEMORY
- 5. MINUTES
- 6. COLORING
- 7. GARNISH

ACROSS

- 3. VERY COLD
- 5. SNOW REMOVAL
- 6. TREES
- 8. HOT SPICE

DOWN

- 1. NOT LUNCH
- 2. TO GIVE GENEROUSLY
- 4. STEAK
- 7. IN THE SEA

Have some free time? Please consider joining our Board of Directors or volunteering with the PCSC!

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.

PARK COUNTY SENIOR COALITION
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STD MAIL
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FAIRPLAY CO