

# THE SENIOR CONNECTION

MARCH/APRIL



## **Park County Senior Coalition Featured Program:** ***Rural Area Meal Program***

Each month we deliver free shelf stable and frozen meals to our clients throughout Park County! Call 719-836-4295 to get signed up.

- **1st Wednesday of every month: North East Park County Delivery**  
Stops in Como, Jefferson, Shawnee, Bailey, and Crow Hill
- **3rd Wednesday of every month: Central/Southern Park County Delivery**  
Stops in Hartsel, Guffey, and Lake George
- **4th Wednesday of every month: North West Park County Delivery**  
Stops in Alma, Fairplay, and South of Fairplay



**A huge thank you to our generous donors,  
partners, and dedicated volunteers that  
make this program a reality!**

# March is National Nutrition Month and April is National Parkinson's Awareness Month

- Make at least half your grains whole.
- Make half your plate fruits and vegetables
- Limit sodium, saturated fat and added sugars.
- Switch to fat-free or low-fat milk, yogurt and cheese.
- Vary your protein choices.
- Enjoy your food but be mindful of portion sizes
- Consult a registered dietitian nutritionist ([www.eatright.org](http://www.eatright.org))



**Parkinson's disease (PD)** is a neurodegenerative disorder that affects dopamine-producing (“dopaminergic”) neurons in a specific area of the brain called substantia nigra.

Scientists believe a combination of genetic and environmental factors are the cause of Parkinson’s disease.

PD affects about one million people in the United States and ten million worldwide.

Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience:

Tremor, mainly at rest and described as pill rolling tremor in hands. (Other forms of tremor are possible)

Limb rigidity

Balance problems

It is possible to have a good quality of life with PD. Working with your doctor and following recommended therapies are essential in successfully treating symptoms by using dopaminergic medications. ([www.parkinsons.org](http://www.parkinsons.org))

## SENIOR SPOTLIGHT

Constance "Grandma" Johnson (Connie) is 85 years young and moved to Park County about 6 years ago from Pittsburgh, Pennsylvania.

She loves living in the mountains and has made many dear friends.

She is amazed at the daily views of the mountains as well as the number of things to do in the area for people of all ages. The thing she is most proud of in her life is her granddaughter, Tyger.

Connie's hobbies are painting and gardening. She is a very talented artist and can even do oil painting. She is also an animal lover with cats being her favorite animal. She has one playful kitten named Rita which she got as a gift from Tyger. Rita was rescued from a local animal shelter and is a sweet companion.

The inventions that Connie is most amazed at from her lifetime are the microwave, the cell phone, the blender, and the TV. Her first job was a "soda jerk" in the 9th grade. When discussing her family, she shared that her great grandparents immigrated from Austria.

The traits she remembers most about her father is that he was very generous and gracious.

Connie is an extreme people person and has a big heart for others. She really enjoys going to South Park Community Church and Father Kenny's service. The life advice she would pass along is to have patience, and to treat other people as you would like to be treated.

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We love learning about our amazing clients!  
Would you like to be featured here? Give us a call!



## 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,

We hope you are staying warm during the tail end of our long Park County winter! We are excited to be hosting more events in March/April and look forward to sharing meals and spending time together. The heart of our mission at the Park County Senior Coalition is to serve older adults. No matter where you live in Park County we are here to provide programs for transportation, chore, homemaker, meals, and case management. We know how challenging living in the mountains can be and we are here to make it easier! Let's continue to age-in-place in a place we all love.

Kindly,  
*Jennie Danner*

Executive Director  
jdanner@parkco.us  
719-836-4150

# Shepherd's Pie Recipe

## You will need:

- 1 teaspoon salt, plus more to taste
- 3 large (1 1/2 to 2 pounds) potatoes, peeled and quartered
- 8 tablespoons (1 stick) butter, divided
- 1 medium onion, chopped (about 1 1/2 cups)
- 1 to 2 cups mixed vegetables, such as diced carrots, corn, or peas
- 1 1/2 pounds ground beef
- 1/2 cup low sodium beef broth
- 1 TSPN Worcestershire sauce
- Pepper and/or other seasonings of choice



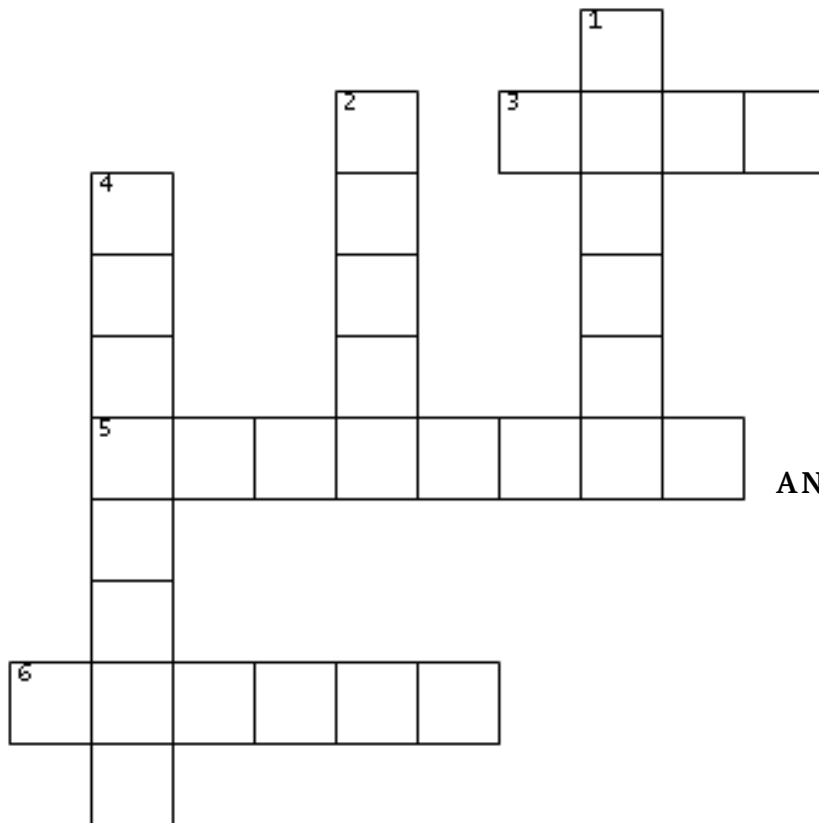
## DIRECTIONS

1. Preheat oven to 400°. Make mashed potatoes: In a large pot, cover potatoes with water and add a pinch of salt. Bring to a boil and cook until totally soft, 16 to 18 minutes. Drain and return to pot.
2. In a large pan on medium heat add butter, the chopped onions and carrots and cook until tender, about 6 to 10 minutes. Add peas and corn. Add the ground beef and cook until no longer pink. Drain the pan of excess fat. Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low.
3. Mash the cooked potatoes: remove them from the pot and place them in a bowl with butter. Mash with a fork or potato masher, taste for flavor.
4. Layer the meat mixture and mashed potatoes in a casserole dish: Spread the cooked filling in an even layer in a large baking dish (such as a 9 x 13-inch casserole) Spread the mashed potatoes over the top of the ground beef.
5. Bake in oven: Place in a 400°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

## NUTRITION FACTS (PER SERVING)

865 CALORIES 50g FAT 51g CARBS 54g PROTEIN

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



**ACROSS**

- 3. PORTION
- 5. OIL
- 6. ICE

**DOWN**

- 1. RITA
- 2. LUNCH AND
- 4. TENDS SHEEP

**ANSWERS TO PREVIOUS PUZZLE:**

**ACROSS**

- 2. YEAR
- 3. EXERCISE
- 4. TEAM ROPER
- 6. CLEANING

**DOWN**

- 1. VEGETABLES
- 5. ONION

**JOIN US FOR THE NEXT PCSC BOARD  
MEETINGS  
MARCH 15TH & APRIL 19TH AT 9:30AM  
FAIRPLAY GOVERNMENT BUILDING  
MEETING ROOM 1101  
OR BY ZOOM**

FAIRPLAY SENIOR BRUNCHES  
MARCH 7TH & 21ST  
APRIL 4TH & 18TH  
FAIRPALY COMMUNITY  
CENTER 10AM-NOON

LUNCH & LEARN  
ST PATRICKS DAY MEAL  
AND HEALTH RESOURCES  
MARCH 17TH  
LAKE GEORGE COMMUNITY  
CENTER 11AM

PARK COUNTY SENIOR COALITION

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