

THE SENIOR CONNECTION

MAY/JUNE 2022 EDITION



PARK COUNTY

— SENIOR COALITION —

Park County Senior Coalition Featured Program:

CHORE

Nice weather in the mountains means time to get some chores done! Eligible PCSC clients can receive financial assistance with chores that contribute to the health and safety of the home. Examples include firewood delivery & stacking, chimney sweeping, tree work, fire mitigation, and more!

Next PCSC Board
Meetings:

**May 17th &
June 21st
9:30am**

Park County
Government Building in
Fairplay Meeting Room
1101 and via zoom

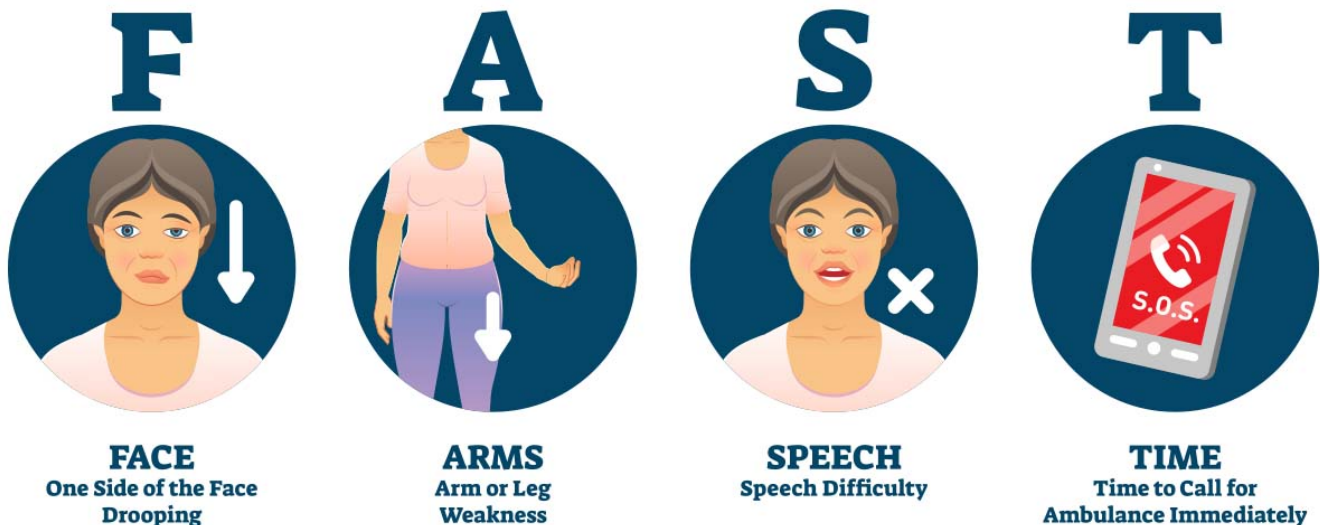
We have a
growing list of
recommended
contractors in
Park County!

May is American Stroke Awareness Month

Stroke Signs and Symptoms

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.

Call 9-1-1 right away if you or someone else has any of these symptoms.



If you think someone may be having a stroke, act **F.A.S.T.** and do the following test:

F—Face: Ask the person to smile. Does one side of the face droop?

A—Arms: Ask the person to raise both arms. Does one arm drift downward?

S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T—Time: If you see any of these signs, call 9-1-1 right away.

Note the time when any symptoms first appear. This information helps health care providers determine the best treatment for each person.

SENIOR SPOTLIGHT



Charlie Vickers turned 100 years old in April!!

This amazing gentleman was 2-17 years old through Prohibition, the Great Depression, and the start of WWII. Charlie credits his Mother's garden for getting them through the Depression. Growing up Charlie had more than 10 siblings! That is certainly a lot of vegetables to grow.

Charlie has worked a multitude of careers throughout his lifetime. He was a lifeguard, smashed stones by hand in a quarry for \$1.00/day, and worked as a musician playing guitar in bars to help support his family. Later in life he ran a jackhammer, worked in a machine shop, and was a Navy Seaman.

Charlie is an extremely talented musician. He picked up the guitar as a kid to fill in for his Dad's band. His Dad played banjo and taught Charlie 3 chords. He was a natural and took it from there. In fact, Charlie still plays the guitar to this day. He even provided the entertainment for everyone at his own 100th birthday party!!

Charlie has seen and experienced challenges in his lifetime which only made him stronger. During WWII he was blown off of two destroyers and was falsely declared dead after a Japanese kamikaze pilot crashed into their destroyer. He woke in a hospital to hear Tokyo Rose bragging how Japan had sunk the destroyer and that there were no survivors. Charlie begged to differ.

Charlie has always had a brave heart and inquisitive mind. His grandpa took him to a church “down the holler” so he could experience a service where several large rattlesnakes got loose. There were people wrangling snakes to show that God would protect them. The snakes got loose and everyone ran out. Charlie and his grandpa sat still and waited for people to come back in. Later in life, Charlie visited several churches of different denominations to see what they were all about.

Charlie is incredibly resourceful and has a vivid imagination. His neighbors have even seen him use a toothbrush to fix a door handle, make a stair rail out of an old piano, turn a door into shelving, and even make a chicken coop out of old bleachers!

Charlie has led a phenomenal life and continues to amaze us every day. Anyone who meets Charlie feels fortunate to know him! He is funny, smart, good hearted, and a truly wonderful man.

CHEERS TO 100 YEARS CHARLIE!



White Tea with Berries Recipe

Stay hydrated as the weather gets warmer with a delicious infused drink!



White tea offers antioxidants and anti-inflammatory properties with little caffeine.

Ingredients:

1 cup mixed berries, such as blueberries and strawberries
2 bags white tea
Cold water

Directions:

Wash berries thoroughly.
Quarter strawberries, leaving other berries whole.
Add tea bags and cover with water.
Infuse in the fridge for several hours, or until tea has brewed.

Enjoy in the sunshine!



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,

Happy spring! Spring in the mountains is such an exciting time. The weather is feeling like summer, flowers and trees are starting to bud, birds are chirping, and wild animals are all around. Spring symbolizes positive change.

With that being said, a lot of changes have been happening at the Park County Senior Coalition. We recently changed our logo to represent the new era of the PCSC! We have been building upon our strong foundation that began in 1977 and today, we are growing, mission driven, and working to keep seniors safely in their mountain home throughout Park County. Our client base continues to grow each month and we have taken on two new programs in the last year (homemaker and freezer project) and will be taking on another new program soon. We are also in the process of hiring a Program Manager position. If you know of someone that can help us to further our mission please put them in touch with me.

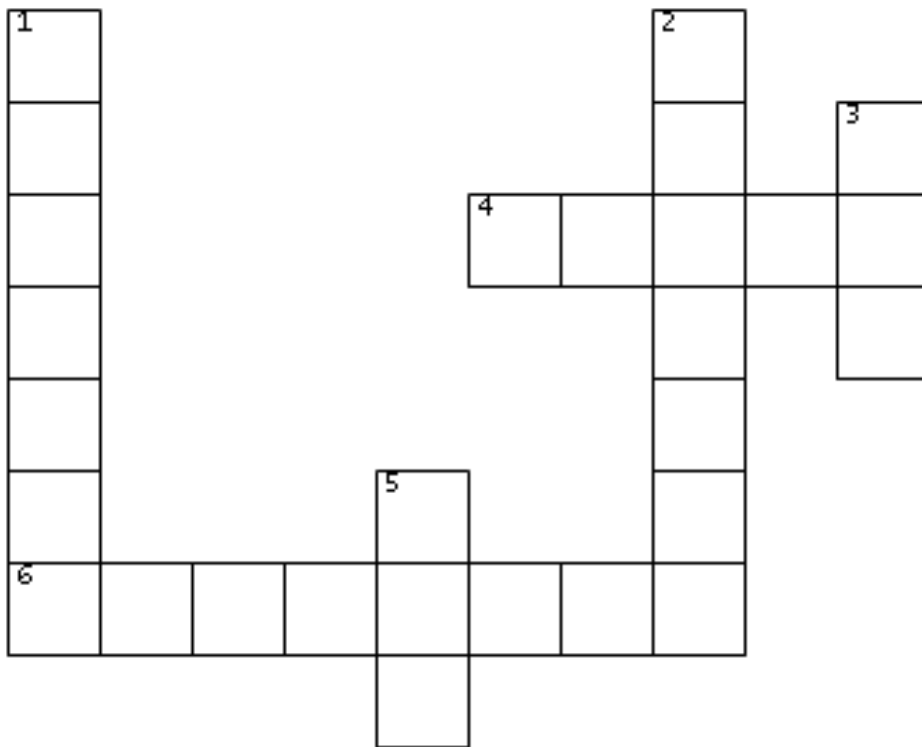
Thanks for being a part of the journey. Looking forward to all that is ahead!

Kindly,
Jennie Danner

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



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



ACROSS

- 4. TEA
- 6. GUITAR

DOWN

- 1. CHORE
- 2. COOP,
BLEACHERS
- 3. SIBLINGS
- 5. FAST



ANSWERS TO PREVIOUS PUZZLE:

ACROSS

- 3. SIZE
- 5. PAINTING
- 6. FROZEN

DOWN

- 1. KITTEN
- 2. LEARN
- 4. SHEPHERD

FAIRPLAY SENIOR BRUNCHES
MAY 2ND - HEALTH & WELLNESS RMRH
MAY 16TH - ARTS & CRAFTS
JUNE 6TH - GAMES
JUNE 20TH - CHAIR YOGA
FAIRPALY COMMUNITY CENTER 10AM-NOON

PARK COUNTY SENIOR COALITION
PO BOX 309
FAIRPLAY, CO
80440

STD MAIL
PERMIT NO 4
FAIRPLAY CO