

THE SENIOR CONNECTION

SEPTEMBER/OCTOBER 2022 EDITION

Next PCSC Board
Meetings:

October 18th
9:30am

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



Aging Well in Park County

Please take a minute to think about your own personal aging. Over the next 5 years, what services do you anticipate needing if you want to remain in your own home as you age? Think about transportation to medical appointments, in-home care, household chores, social activities, etc. What are your top 3 priorities? Please email your response to Jody Barker at jbarker@ppacg.org or call him at 719-471-7080 extension 103. Your response will help inform the 4 Year Plan for the Pikes Peak Area Agency on Aging and future services available in Park County.

October 12-18th is Bone & Joint Health Week

One of the best ways to prevent weak bones is to work on building strong ones. As you get older, your bones don't make new bone fast enough to keep up with the bone loss. But you can take steps to slow the natural bone loss with aging and to protect joints. A few of the steps are outlined below.



- Maintain an optimum weight for mobility and overall health
- Get enough calcium and vitamin D each day. The nutrients in dairy products, eggs, vegetables, and fish improve bone health. If you're not getting enough calcium through food or supplements, your bones will donate more and more calcium to other parts of your body
- Get active. Choose physical activities like walking, dancing, swimming, or light stretching to build and strengthen your bones and joints
- Don't smoke and avoid alcohol. Tobacco and excessive alcohol consumption can lead to bone density loss. Also, too much at one time or mixed with certain medicines can affect your balance and lead to falls
- Avoid falls by wearing shoes that fit well, clearing clutter on the floor, and asking for help with difficult yard or home maintenance
- Talk to your doctor about whether you need medicine to prevent bone loss

UPCOMING SENIOR INTERVIEW DAY!

Park County Senior Coalition along with Colorado State University Extension Office, Seniors Alliance of Platte Canyon, and the Boys & Girls Club of the High Rockies are completing an intergenerational heritage book project! The book will include a collection of stories from teens to seniors as well as corresponding artwork from all ages!

The final product will be a book to celebrate multiple generations, capture unique stories, collect history in the making, and share creative work.

We will be having a senior interview day in September. Are you open to being interviewed by a local teenager? Do you have artistic abilities you can contribute to the book?

If so, please contact 719-836-4295 or email scofpc@parkco.us to get involved!



Peach & prosciutto crostini

INGREDIENTS:

- 1 French baguette, thinly sliced
- ½ cup ricotta cheese
- 12 slices prosciutto
- 2 peaches, thinly sliced
- 1 tablespoon balsamic vinegar
- 1 tablespoon extra virgin olive oil
- drizzle of honey
- arugula or fresh herbs
- salt and pepper to taste

Before we say goodbye to summer be sure to get some palisade peaches and enjoy this sweet and savory appetizer!!



INSTRUCTIONS:

1. Preheat oven to 375 degrees. Brush olive oil lightly on both sides of sliced bread. Bake for 10 minutes or until golden brown. Remove from oven and set aside to cool.
2. Put the sliced peaches into a small bowl. Drizzle with oil and balsamic vinegar and lightly toss.
3. Place the toasted baguette out on your work surface. Spread a small dollop of ricotta cheese onto each slice.
4. Place a slice of prosciutto on top of the cheese. Add a spoonful of the peach mixture.
5. Drizzle with a bit of honey and garnish with arugula or herbs and pepper to taste.

Director's corner

Dear Seniors,



\$25 = 6 MEALS!

**PLEASE
DONATE
TODAY!**

online:

coloradogives.org

by mail: PO Box 309

Fairplay 80440

*100% of your
donation will go back
to our programming!*



The Park County Senior Coalition has great news to share! As we wrap up the end of the fiscal year we wanted to highlight our 2021-2022 success. The PCSC provided four times more services in fiscal year 2021-2022 than the previous year.

We have diversified funding, stabilized the organization, as well as renewed community and client relationships. We have been working extremely hard to build a strong foundation for the organization, create sustainability, carry the mission as a torch, and provide services for senior residents throughout all of Park County. We could not have this level of success without our grantors, donors, volunteers, board of directors, staff, community partners, and of course our senior clients. Our new logo is a symbol of this positive growth. The senior population will continue to increase each year and we look forward to continuing to grow with it.

The Park County Senior Coalition distributed 4,946 meals throughout the county, reimbursed 2,170 rides to medical appointments and the grocery store, financed 138 chores such as chimney sweeping or snow removal, supported 314 hours of homemaking/light house cleaning and provided 221.25 hours of case management. PCSC served 208 unduplicated clients and the total number served in the fiscal year was 742.

PCSC is always looking for folks to get involved! Please reach out if you are interested in learning more about programs, participating on our board of directors, volunteering your time, or supporting our work through donations.

Kindly,
Jennie Danner

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

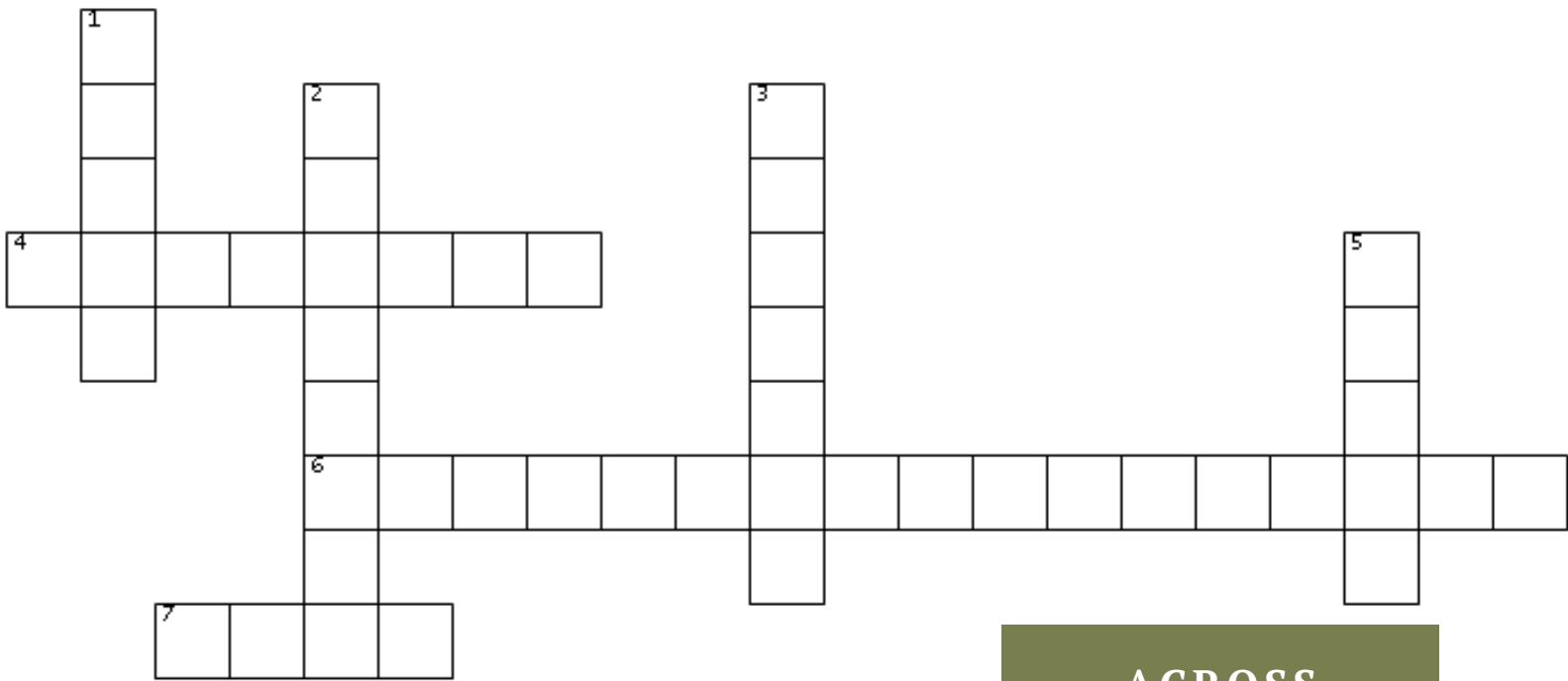
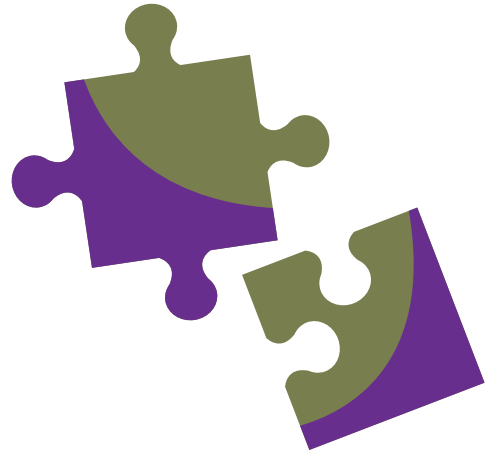
ANSWERS TO PREVIOUS PUZZLE:

ACROSS

- 1. SUNGLASSES
- 3. APPLE
- 5. JACK

DOWN

- 1. SHAWNEE
- 2. STAWBERRY
- 4. POPPY



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

ACROSS

- 4. 4x more
- 6. book project
- 7. new

DOWN

- 1. drizzle
- 2. activity
- 3. palisade
- 5. well

FAIRPLAY SENIOR BRUNCH
SEPTEMBER 19TH
10AM 880 BOUGUE ST
WITH LIVE MUSIC FROM RANDALL
MCKINNION!



PARK COUNTY
— SENIOR COALITION —

PARK COUNTY SENIOR COALITION
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FAIRPLAY, CO
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