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THE SENIOR CONNECTION

NOVEMBER/DECEMBER 2022 EDITION

Next PCSC Board
Meetings:

**November 15th &
December 20th
9:30am**

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

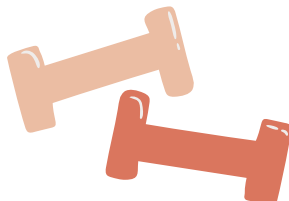
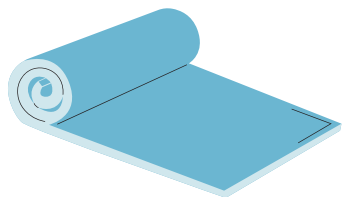


PCSC food accessibility project a success!

The Park County Senior Coalition has worked with PPACG and Park County Government to bring food to local seniors in Park County. We now officially have freezers stocked with frozen meals located in Guffey, Lake George, Bailey, and Fairplay. We will still continue to deliver food boxes to each community once a month but this will provide our clients with additional nutritious food if needed and allow for access to meals regardless of road closures or bad weather impacting delivery. It also allows our clients to have flexibility if they cannot make their usual delivery date work but would still like to receive food that month. This project is successfully up & running!

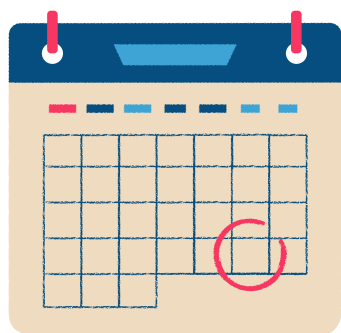
Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



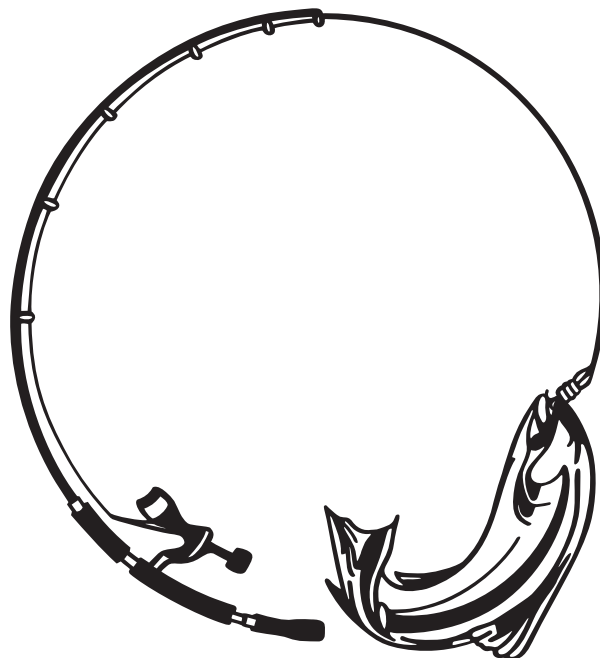
- Talk with your health care provider about medication side effect
- Do strength and balance exercises
- Get your vision and hearing checked regularly
- Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpets to the floors
- Stand up slowly to avoid dizziness
- Use a cane or a walker if you need more stability

National Institute on Aging



Senior Spotlight

Keith Miner has been a resident of Colorado his entire life. He originally moved from the Denver area and has lived in Bailey over 30 years. His interests include hunting and fishing. He greatly enjoys living in the mountains and watching the local wildlife. He has a friendly dog named Little Rock. The invention Keith is most amazed by in his lifetime is affordable television. Growing up Keith and his siblings would go camping and horseback riding for fun. He remembers his Dad as being an incredibly nice guy. Keith worked for many years in security and retired from his career as Director of Security. The life advice he would pass on to others would be to “keep on going”.



Slow Cooker Taco Soup

This hearty, cozy, and boldly flavored taco soup recipe will win you over with a savory blend of chile peppers, kidney beans, ground beef, and Southwestern-inspired spices.

INGREDIENTS:

- 1 pound ground beef
- 1 onion, chopped
- 1 (16 ounce) can chili beans, with liquid
- 1 (15 ounce) can kidney beans with liquid
- 1 (15 ounce) can whole kernel corn, with liquid
- 1 (8 ounce) can tomato sauce
- 2 cups water
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (4 ounce) can diced green chile peppers
- 1 (1.25 ounce) package taco seasoning mix



INSTRUCTIONS:

1. In a medium skillet, cook the ground beef until browned over medium heat. Drain, and set aside.
2. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chile peppers and taco seasoning mix in a slow cooker. Mix to blend, and cook on Low setting for 8 hours. Adjust seasoning to your taste and top with tortilla chips, cheddar cheese, sour cream, or corn bread.

Director's corner

Dear Seniors,

You may have noticed a new friendly face in the office, at local events, or over the phone. The Park County Senior Coalition has a new Program Manager!

We would like to officially introduce to you, Penny Everest. Penny brings to us over 36 years in credit and collection as the Director of Financial Services in her pervious role. After taking early retirement during COVID-19 Penny decided to join the PCSC as it was a long time goal of hers to work with seniors. Penny is also a senior which helps her to understand the needs of other seniors with a direct vision. Personally, Penny enjoys fly fishing, hiking, and spending time with her dog Seffie, a Great Pyrenees.

We are so excited to have her on the team and she has already been an immensely positive and helpful addition. Penny regularly works out of our main Fairplay office but she also hosts office hours at the Bailey Community Center. Please feel free to call her at 719-836-4295 or email her at peverest@parkco.us to set up a time to meet and discuss programs.

We are very grateful to have a larger team to continue to provide quality services and meet the needs for our growing list of clients.

To all that is ahead!

Kindly,
Jennie Danner

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

DECEMBER 6TH IS COLORADO GIVES DAY!!!



This annual day of giving promotes the work of non-profits and helps your donation go further.

**Please consider
making a donation
to positively impact
local seniors!**

donate online:
coloradogives.org
search Park County
Senior Coalition

donate by mail:
PO Box 309
Fairplay, CO 80440

Mega Maze



ANSWERS TO PREVIOUS CROSSWORD PUZZLE:

ACROSS

- 4. SERVICES
- 6. INTERGENERATIONAL
- 7. LOGO

DOWN

- 1. HONEY
- 2. SWIMMING
- 3. PEACHES
- 5. AGING

Are you looking for a rewarding volunteer opportunity in your community? We have several volunteer roles available to connect your neighbors with food. Please reach out to learn more!

Next PCSC Senior Brunch:
November 21st Gratitude Art
&
December 19th Holiday Craft
10am-noon 880 Bogue St Fairplay



PARK COUNTY
— SENIOR COALITION —

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