

PO BOX 309 FAIRPLAY, CO 80440 WWW.PARKCOSENIORS.ORG
719-836-4295 SCOFPC@PARKCO.US

THE SENIOR CONNECTION

MARCH/APRIL 2023



Transportation

The Park County Senior Coalition continues to provide clients with mileage reimbursement at \$.56/mile for trips to medical appointments/grocery store. The PCSC is participating in a stakeholder group to complete a "Transit Development Plan for Park County". This plan will include transit solutions to meet the needs identified in the transportation survey that was distributed in October. If you would like to be involved with this important process please join our Regional Coordinating Council for Transportation by contacting the RCC chair, Janell Sciacca at jsciacca@fairplayco.us. Eastern Park County clients: Teller Senior Coalition provides transportation services for the Teller County region including residents of Eastern Park County. They will pick you up at your home for appointments, shopping, essential needs, and social activities etc. Call 719-687-0256 for additional information.

Tips for getting good sleep

Research has shown that older people can take steps to improve their sleep. Here are a few tips from the National Institute on Aging for getting a better night's rest in your golden years:



- **Exercise:** People who exercise regularly fall asleep faster, sleep longer, and report better quality sleep
- **Reduce bedroom distractions:** TV, cellphones, and bright lights can make it more challenging to fall asleep. Keep TV in another room and avoid bright lights before bed
- **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling
- **Avoid napping in the late afternoon** or evening, if you can. Naps may keep you awake at night
- **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music
- **Avoid eating large meals close to bedtime**—they can keep you awake
- **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake
- If you have trouble sleeping or feel tired and unable to do daily activities for more than 2 weeks, **talk to your doctor**

Senior Spotlight

Kandy Stoehr loves living in the mountains because of the fresh air, limited traffic, and getting to watch all the wildlife that passes through her property. The thing she is most proud of in life is that her and her husband were able to take a blank piece of land and turn it into a great place for friends and family to get away from the rigors of everyday life and relax. She loves that they know its okay to show up anytime.

Kandy's hobbies are working in her garden and hiking with friends. The things that make her the happiest are when her grandkids come to visit, when seeds pop up in her garden, and picking the first ripe tomato of the season.

Kandy met her husband when they were at the same wedding and slow songs were playing. She went over to his table and asked him to dance. He said yes, got her number, and called her the very next morning. Three months later they were married! The life advice Kandy would pass along is to spend more time enjoying the little things and to have more fun time with your family.



LENTIL SOUP

INGREDIENTS:

- 2 tbsls olive oil
- 2 cups finely chopped onion
- 1 1/2 cups chopped carrot (2 large carrots)
- 2 tsp minced garlic (3 cloves)
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground black pepper
- 1/2 tsp ground turmeric
- 2 cups (12 ounces) lentils, rinsed
- 8 cups chicken broth
- 2 cups shredded kale
- 1 to 2 lemons
- 1/4 cup chopped fresh herbs like parsley or dill, optional



INSTRUCTIONS:

Heat the oil in a large pot over medium heat. Add onions, carrot, and salt, cook about 5 to 7 minutes. Stir in the garlic, cumin, coriander, black pepper, and turmeric and cook for 30 seconds. Stir in the lentils and broth. Increase the heat to high and bring to a boil. Add salt. Reduce the heat to a simmer and cook, partially covered, until the lentils are tender, 35 to 40 minutes. Uncover the pot and stir in the kale and cook, uncovered, another 5 minutes. Take the soup off of the heat, and stir in the juice of half a lemon and the fresh herbs. Serve or if you prefer the soup to be blended, use a stand blender to blend until your desired consistency.

Director's corner

Next PCSC Board Meetings:
March 21st and April 18th
9:30am

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

Interested in joining our Board of
Directors or Committees? Call
719-836-4150 for more
information or to setup a coffee
date with a current Board
Member!

Dear Seniors,

Thank you to all who have participated in our homemaker program as a homemaker or a client!! We are very excited about the success of this new program and have seen it grow significantly each month. In order to continue providing this program to the most seniors we can; we will be changing the cap to 5 hours max per month effective March 1st, 2023. All of our programs are based on funding availability and we appreciate your understanding! We look forward to continuing to provide this important program. If you would like to donate to support this program or volunteer as a homemaker please feel free to call, email, or stop in.

Kindly,
Jennie Danner

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



Winter Word Search

F	S	K	A	T	I	N	G	H	O	C	K	E	Y	V
V	U	S	B	J	T	M	P	W	O	L	P	T	D	W
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BOOTS
DRIFT
FISHING
FLAKES
FLURRIES
FUN

SKATING
SKIING
SLIDING
SLIPPERY
SNOWBALL
SNOWBLOWER

HOCKEY
ICY
PLAY
PLOW
SALT
SAND
SCRAPER
SCULPTURE
SHOVEL

SNOWMAN
SNOWMOBILE
STORM
WHITE

Medicare 101

4-Part Series every
Tuesday in April from
1-2:30pm.

4/4, 4/11, 4/18, 4/25

Watch online or join us
for a watch party in
Fairplay (County
Building) or in Bailey
(Platte Canyon Fire
Station) every week.

**Call 719-836-4296 to
register!**



PARK COUNTY

— SENIOR COALITION —

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PO BOX 309

FAIRPLAY, CO

80440

STD MAIL
PERMIT NO 4
FAIRPLAY CO