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THE SENIOR CONNECTION

MAY/JUNE 2023



New Program Alert: Reassurance

The Park County Senior Coalition has started a new program called reassurance. We are working with local volunteers to call and check in with seniors on a regular basis. We are hoping for this program to create positive connections as well as add a layer of security and safety for our clients that live in rural areas of Park County. If you are interested in participating in this program or volunteering for this program please email scofpcc@parkco.us, call 719-836-4295, or stop in. The PCSC main office is located at 825 Clark St. Suite C in Fairplay. We also host office hours in Bailey as well as the community centers throughout Park County. Feel free to set up an appointment to discuss programs!

Travel Tips for Seniors

Traveling by air, train, or even in your own car isn't always easy. Follow these straightforward travel tips to help reduce the stress from travel while also getting the most from each trip.

- **Manage Medications:** Keep several days of medications close at hand. It's critical to carry on medications for air travel because access to checked bags is virtually impossible. If you take liquid medication, work with your physician to get documentation stating need to carry those medications onto a flight.
- **Stretch Your Legs:** Long flights, car rides and train travel mean being seated for a long period of time. A serious risk for senior travelers is deep vein thrombosis brought on by lack of movement. Try to take breaks or use aisles to walk, stand, and stretch.
- **Stay Hydrated:** Traveling is a thirsty business and being on the move tends to quickly dehydrate everyone. It's a good idea to keep a water bottle full and sip on it during travel as well as snacks (especially if needed with medication).
- **Know Travel Details:** Gather as much information as you can about Itinerary, departure/arrival times, expected weather, road construction to prevent any mishaps.
- **Be prepared for TSA Rules:** TSA is something everyone needs to be prepared for at the airport. Some medical conditions may raise red flags at security checkpoints or set off alarms such as surgical hip and knee implants. To avoid delays, get a physician's statement or the device's description card to carry with you and make document copies.
- **Consult with a physician before traveling:** Prior to any big trip, get a medical check-up especially if you have a coronary heart disease, hypertension, a chronic condition, or recently had surgery.
- **Other helpful tips:** Get there early, ask for senior discounts, pack essentials in smaller carry bag and get help with larger luggage, don't access private documents or banking information on free wifi

Senior Spotlight

Carolyn Roome loves living in the mountains because of the peace and quiet. Her family has proudly lived in Colorado for five generations. Carolyn met her husband Frank at the Woodside Inn in Pine Junction and they raised their children in Bailey. They loved taking their children to go fishing and to church. Carolyn has many hobbies but enjoys gardening the most. She grew up gardening with her siblings and still does to this day! Carolyn just built an additional garden bed that is 27 feet by 15 feet to house all of her vegetables. Despite the altitude she has a very green thumb and enjoys canning all of her home-grown produce.

Carolyn has a beloved yorkie named Little Bettie and she enjoys spending time with her family and husband. Her family heritage is "Edward the Thornes". Carolyn's first job was a standby educator. Education has stuck with her because Carolyn spends her free time researching different topics for veterans.

Carolyn Roome has a wonderful heart and has created a beautiful family, home, and garden in Park County.



LEMON SPAGHETTI WITH SHRIMP

INGREDIENTS:

For the Shrimp-

- 1 tablespoon extra-virgin olive oil
- 3/4 pound large shrimp, peeled and deveined
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

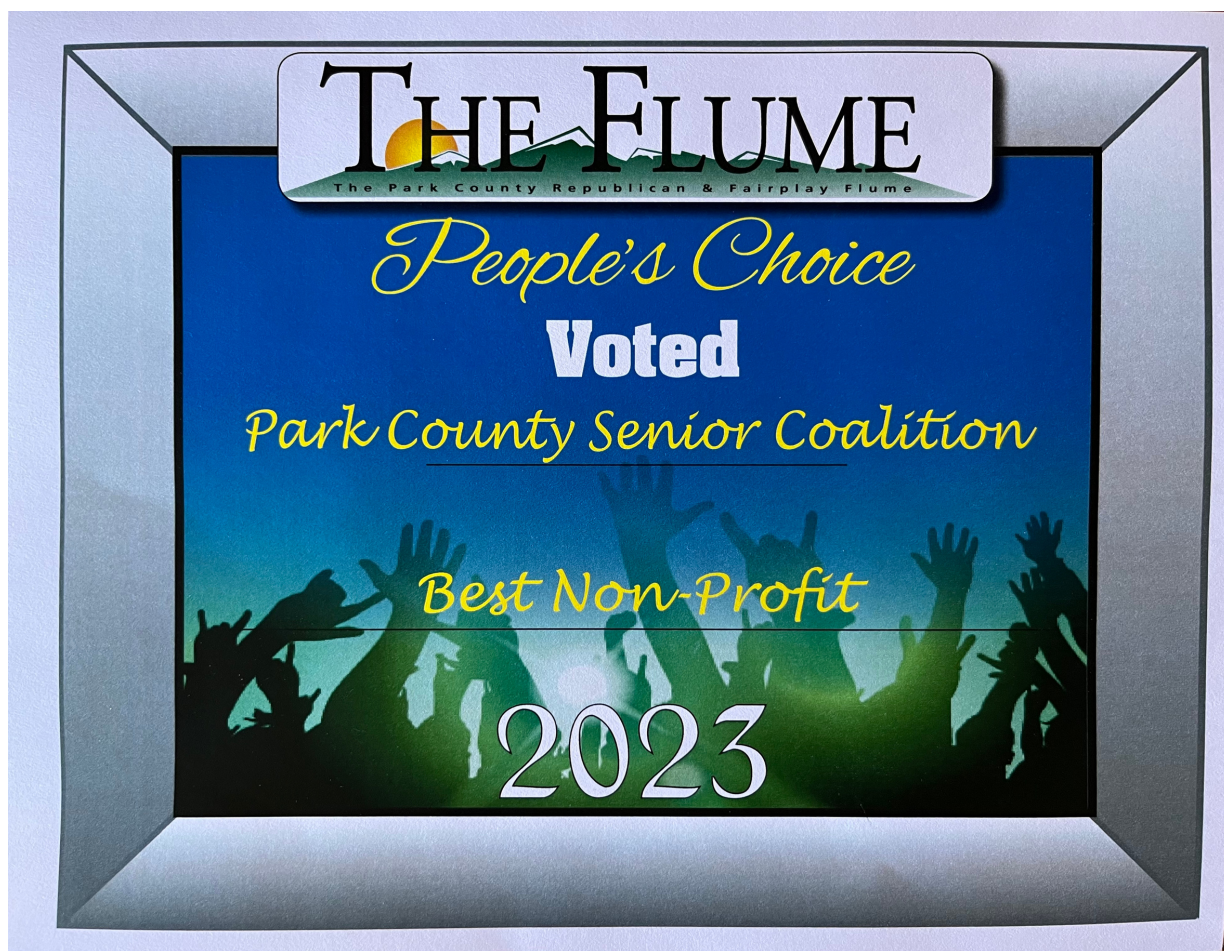
For the Pasta-

- 1 pound spaghetti
- 1/2 teaspoon kosher salt, plus more for the pasta water
- 2/3 cup extra-virgin olive oil
- 2/3 cup grated parmesan cheese, plus more for topping
- 1 tablespoon grated lemon zest (about 1 large lemon)
- 1/2 cup fresh lemon juice (about 2 large lemons)
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup chopped fresh basil
- 2 tablespoons capers, fried



INSTRUCTIONS:

1. Make the shrimp: In a medium sauté pan, heat the olive oil over medium-high heat. Season the shrimp with the salt and pepper; add to the preheated pan in a single layer. Cook for 2 to 3 minutes per side, or until pink and cooked through. Set aside.
2. Make the pasta: Cook the pasta in a large pot of boiling salted water until tender but still firm to the bite, stirring occasionally to prevent sticking, about 8 minutes. Drain, reserving 1 cup pasta water. Meanwhile, whisk the olive oil, parmesan and lemon zest and juice in a large bowl to blend.



Director's corner

Dear Seniors,

We got some very exciting news recently. The Park County Senior Coalition won the People's Choice Award for Best Non-Profit!!! Thank you to everyone who voted for us!! We are so grateful for the support and recognition. Our amazing staff, board, volunteers, and community partners have made our success possible. We are truly honored to serve you and are humbled by this acknowledgement. We look forward to continuing to work hard and to provide quality programs for seniors in Park County!!

Kindly,
Jennie Danner

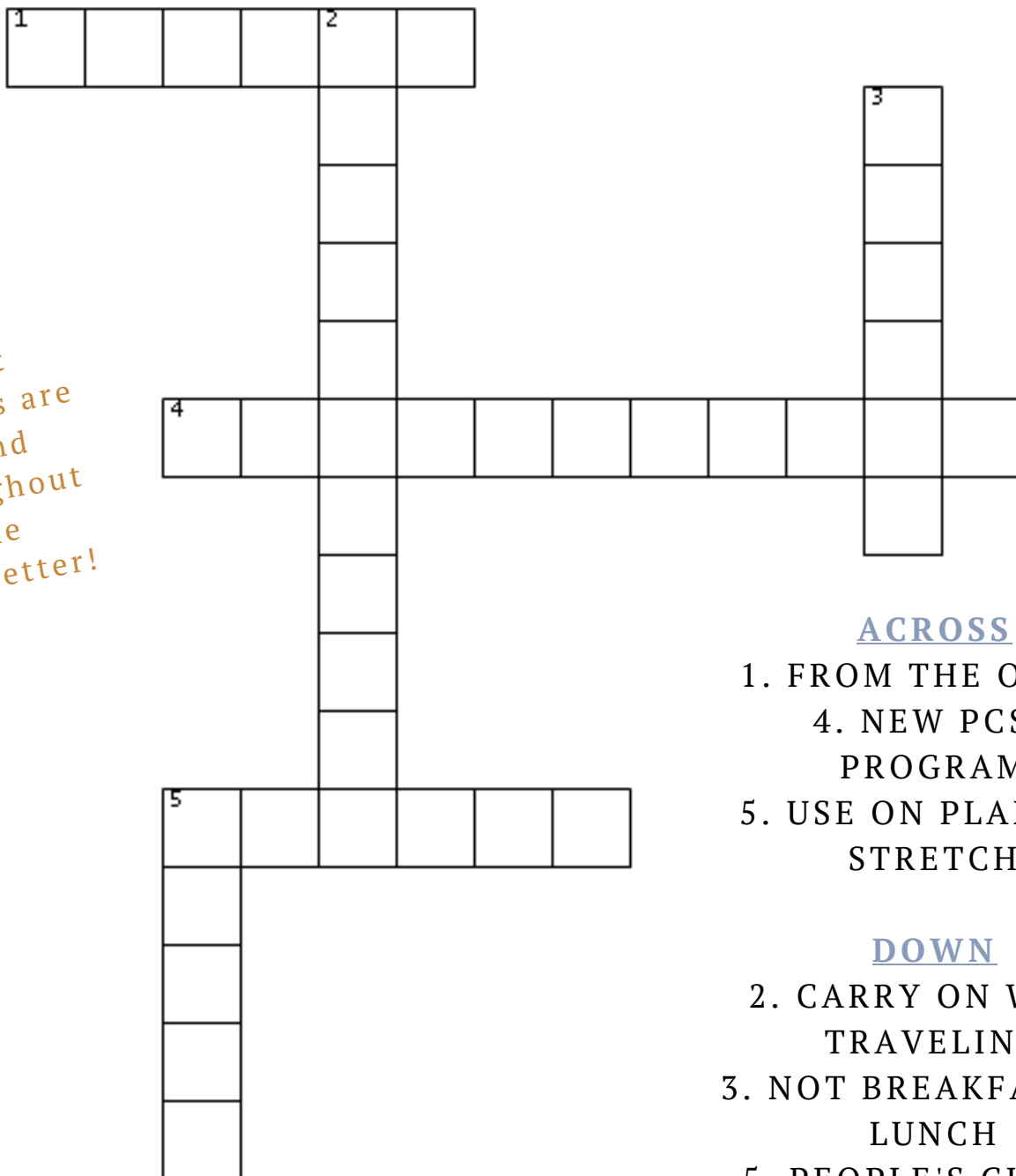
Executive Director
Jdanner@parkco.us
719-836-4150



Next PCSC Board Meetings:

May 16th and June 20th 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 chat with a current Board Member!



Hint
answers are
found
throughout
the
newsletter!

ACROSS

1. FROM THE OCEAN
4. NEW PCSC
PROGRAM
5. USE ON PLANE TO
STRETCH

DOWN

2. CARRY ON WHEN
TRAVELING
3. NOT BREAKFAST OR
LUNCH
5. PEOPLE'S CHOICE

Fairplay Senior Brunch

May 15th and June 19th
every third Monday of the
month at the Fairplay
Community Center
10am-12pm



PARK COUNTY
— SENIOR COALITION —

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