

PO BOX 309 FAIRPLAY, CO 80440 WWW.PARKCOSENIORS.ORG  
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# THE SENIOR CONNECTION

JULY/AUGUST 2023



## **Bailey Office Hours:**

Our Program Manager, Penny Everest will be hosting regular office hours in Bailey each month! The second Wednesday of every month Penny will be at the Bailey Public Library from 10am-2pm and is available for appointments, general questions, paperwork drop-off, and more. Please call 719-836-4295 to setup an appointment. Dates and times are subject to change and clients will be updated of any changes via robo call.

## **Upcoming Bailey office hour dates:**

July 12th & August 16th 10am-2pm Bailey Library

# Health Tips: High Blood Pressure

## Points to remember:



**The chance of having high blood pressure increases as you age.**



**Most people with high blood pressure don't have signs or symptoms.**



**Serious health problems can develop if high blood pressure is left untreated.**

## What you can do:



**Get your blood pressure checked frequently.**



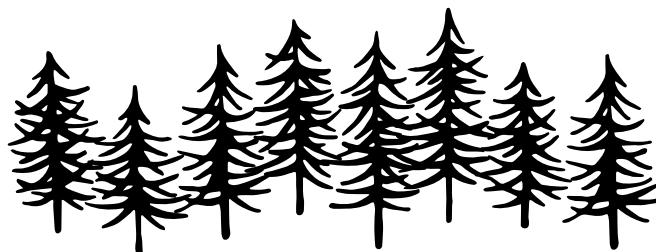
**Eat a healthy diet and exercise regularly.**



**Ask your doctor if you need medication to manage your blood pressure.**

## Senior Spotlight

From the time she was a little girl growing up in northwest Indiana, Lori always had a strong desire to live somewhere in the Rocky Mountains. So, in 1984 when her employer offered her a job transfer to Denver, she jumped at the opportunity! And then, after a life-long career in Sales Management and Marketing, she was forced to take an early retirement due to health issues. Her most rewarding place of employment was Special Olympics of Colorado where she worked with corporate sponsors to raise funds in support of their athletic programs. And when she wasn't working, she was volunteering! But, on a positive note, she is living exactly where she always wanted to be! After a hectic lifetime of travel dealing with airports, rental cars and hotels, she absolutely loves the peace and solitude and all that Mother Nature brings now to her daily life. Her love of nature is obvious at her home where she enjoys spending time outside enjoying all forms of wildlife. Her favorite season of the year is observing how the seasons change from fall into winter, happily watching the aspens turn to gold and the snow softly falling through the trees. Lori's life advice: Live each day as if it were your last





# EASY BREAKFAST PIE

## INGREDIENTS:

- 1 can Pillsbury crescent rolls
- 6 slices bacon fried and chopped
- ½ red bell pepper chopped
- 4 eggs beaten
- ½ cup cheddar cheese shredded
- 2 tablespoons parsley chopped
- salt and pepper to taste
- 1 large egg for egg wash



## INSTRUCTIONS:

1. Preheat oven to 350°F and line large cookie sheet with parchment paper.
2. Chop the bacon then fry it in a large skillet until crisp. Add eggs, bell peppers, cheese and parsley to skillet and stir as to scramble the eggs. Season with salt and pepper. You don't have to cook the eggs completely as they will continue to cook in the oven.
3. Unroll dough; separate into 12 triangles. I had the 8 large crescent roll can, so I cut each crescent in half to make two triangles, therefore ending up with 16 smaller triangles. Arrange the triangles with shortest sides toward center on the cookie sheet, overlapping in star shape and covering the middle with leftover triangles. Press overlapping dough to flatten.
4. Place the egg mixture in the center of the dough. Pull points of triangles over eggs and cheese, and tuck in the middle.
5. Brush dough with egg wash.
6. Bake for 20 to 25 minutes or until golden brown.

## Director's corner

Dear Seniors,

It is with a heavy heart I announce that I will be leaving the Park County Senior Coalition at the end of July. I have truly enjoyed serving the seniors of Park County the past few years.

I leave the organization with a healthy and stable foundation, amazing staff, strong board of directors, hardworking volunteers, and dedicated community partners. I am proud of the work that has been accomplished together and I look forward to making room for the next leader.

My new position with the Town of Fairplay will be keeping me rooted in the area and I am excited to continue to support the PCSC in a different capacity.

As we forge ahead into a new chapter I will always carry with me a deep caring and gratitude for my time and connections through the PCSC. Thank you all for being apart of that! I look forward to when our paths cross again.

Kindly,  
*Jennie Danner*

Executive Director  
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719-836-4150

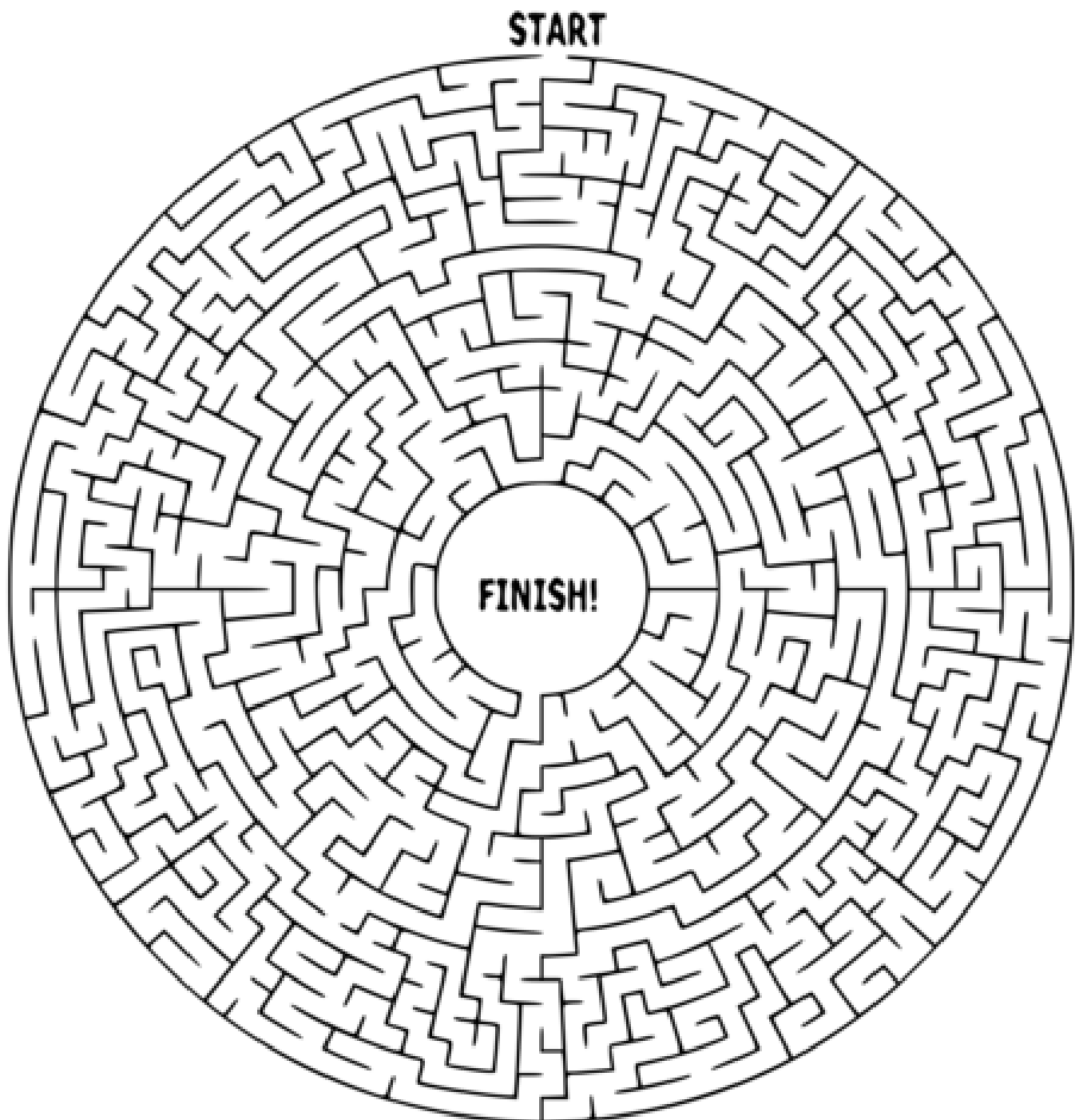


Next PCSC Board Meetings:

July 18th and August 15th 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!



**Fairplay Senior Brunch**

July 17th Alzheimers

Association

and August 21st

Estate Planning

Fairplay Community Center

10am-12pm

**Lake George Lunch &  
Learn**

July 12th Lake George

Pavilion 11am-1pm



**PARK COUNTY**

— SENIOR COALITION —

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