

The Senior Connection

BI-MONTHLY NEWSLETTER

September/October 2024



PARK COUNTY
— SENIOR COALITION —



Well, the Summer has flown by, and we have been busy getting out and about meeting everyone at all of the local events. Here are a few pictures we would like to share with you.



County Fair



Burro Days



Hartsel Days



Tractor Pull

A huge THANK YOU to everyone that came out!



(From www.ready.gov and other sources)

In September there is an annual observance to remind all Americans how important it is for individuals, families and communities to be prepared for disasters and emergencies that can happen at any time.

Everyone should sign up to receive local alerts and warning on your mobile phone. Download the FEMA app and receive real-time alerts from the National Weather Service and have the steps to prepare for disaster to keep you and your loved ones safe.

As an older adult, you may have specific needs after a disaster. Use the information on this page to assess your needs and take simple, low-cost steps that help you get better prepared.

Take Control in 1, 2, 3

STEP 1 | ASSESS YOUR NEEDS

First, know your risk. Then, understand your needs during emergencies. This section guides you through a self-assessment process to identify your specific needs so that you can create a personalized emergency plan.

STEP 2 | MAKE A PLAN

Develop a comprehensive emergency plan and emergency preparedness kit tailored to your unique needs. This section ensures you are well prepared to respond to various emergency scenarios.

STEP 3 | ENGAGE YOUR SUPPORT NETWORK

Build a strong support network and include them in your emergency planning. This section provides recommendations for how you can engage your family, friends, caregivers, neighbors, fellow congregants from your place of worship, and others who can assist you during an emergency.

Also please take a moment to fill in the appropriate information to be notified by the Park County Response Team for CODE RED in the event of emergency situations or critical community alerts. Examples include evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports: <https://public.coderedweb.com/CNE/en-US/F9FB36CB1C0D>

Health and Wellness Tips



Talking With Your Doctor or Health Care Provider (From NIH.gov)

You can play an active role in your health care by talking with your doctor or health care provider. Clear and honest communication between you and your physician or health care team can help you both make informed choices about your health. It's important to be honest and upfront about your symptoms even if you feel embarrassed or shy. Have an open dialogue with your doctor or health care provider—ask questions to make sure you understand your diagnosis, treatment, and recovery. Here are a few tips that can help you talk to your doctor or health care provider and make the most of your appointment:

- Write down a list of questions and concerns before your appointment.
 - Consider bringing a close friend or family member with you.
 - Take notes about what the doctor or health care provider say or ask a friend or family member to take notes for you.
 - Learn how to access your medical records, so you can keep track of test results, diagnoses, treatments plans, and medications and prepare for your next appointment.
 - Ask for the doctor's or health care provider's contact information and their preferred method of communication.
 - Remember that nurses and pharmacists are also good sources of information.
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Next PCSC Board Meetings

September 17th 9:30am at Bailey Community Center

October 15th 9:30am at 825 Clark Street Suite C

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 Events

(See visitfairplay.net for full event schedule)

September 21st – Fairplay's Fall Festival with Food, Libations, Live Music, Family Games and Activities

October 31st – Haunted Halloween Museum at South Park City Museum

Fairplay Senior Brunch (10am-12pm 880 Bogue Street, Fairplay)

September 16th – Disability Awareness Training

October 21: CSU Behavioral Health Speaker

November 18th: Colorado Legal Services

Featured Recipe - Good Old Meat Pie

A great deep dish meat pie made with potatoes, carrots and peas in a rich gravy. Lamb chicken or pork can be used in place of beef. A great recipe for leftover meat!

INGREDIENTS:

- 1 recipe pastry for a 9 inch single crust pie
- 3 tablespoons margarine
- ½ cup chopped onion
- 1 potato, diced
- ⅓ cup all-purpose flour
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 ¼ cups beef broth
- 1 carrot, chopped
- 1 cup frozen green peas
- 2 cups cubed cooked or leftover beef

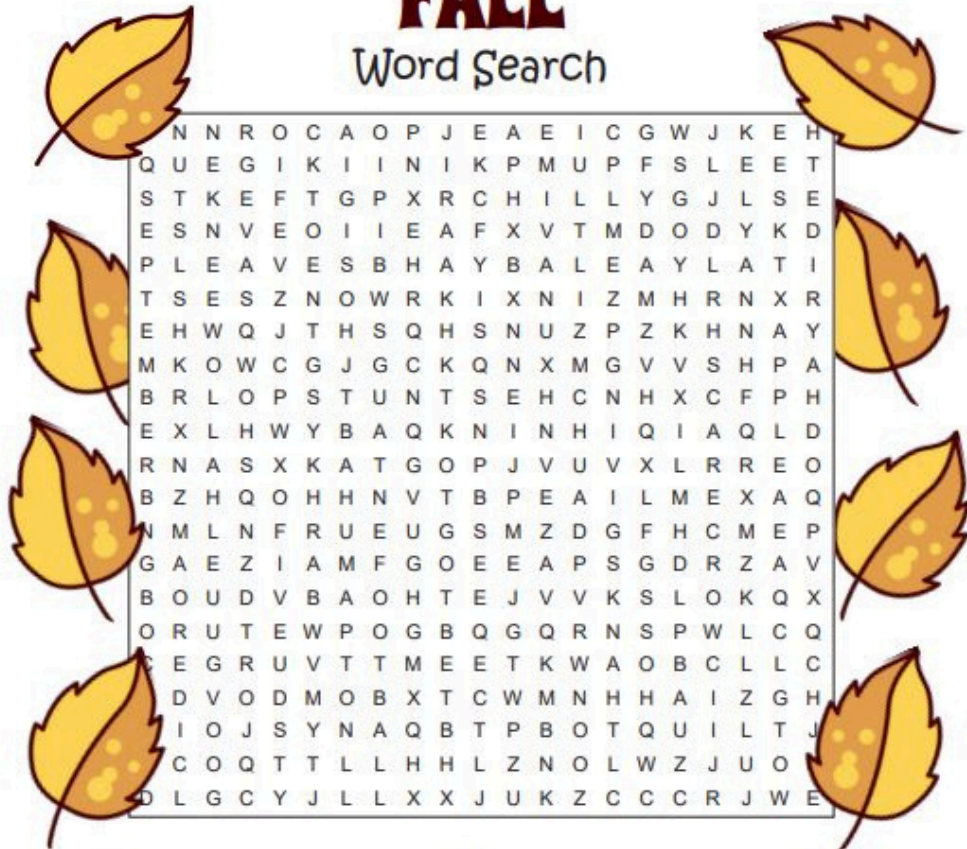
DIRECTIONS:

1. Preheat the oven to 425 degrees F (220 degrees C). On a lightly floured surface, roll the pie crust out into a 12 inch circle. Set aside.
2. Melt margarine in a saucepan over medium heat. Add potato and onion, and cook until the onion is tender, but not brown. Sprinkle the flour over the mixture, and stir to blend. Season with oregano, black pepper and garlic powder. Pour in the beef broth, and add the peas, carrot and beef. Bring to a boil. Transfer the mixture to a 2 quart casserole dish, and place the pastry over the top. Cut slits for steam, and flute the edges.
3. Place on a baking sheet, and bake for 25 to 30 minutes, or until crust is golden. Let stand 10 minutes before serving to thicken.



FALL

Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

DIRECTIONS:
Find and circle the
vocabulary words in
the grid. Look for
them in all directions
including backwards
and diagonally.

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Park County History

- 1873 September 26 Fairplay Most of Fairplay burns
- 1875 October 13 Fairplay Attempted break in at Fairplay bank
- 1882 October 10 Alma Gunplay in attempted Mosquito Gulch holdup
- 1899 September 7 Como Fireman dies in runaway train on Boreas Pass
- 1905 September 23 Alma 2 killed at London Mine
- 1905 October 18 Alma Fire in Alma
- 1940 October 11 Bailey Kiowa Lodge in Bailey burns



DIRECTOR'S CORNER:

As we step into a new month, I want to take a moment to reflect on the incredible work we've accomplished together. Each of you plays a vital role in our mission, and your dedication and passion truly make a difference.

Let's celebrate the successes we've achieved and the challenges we've overcome. Remember, it's our collective efforts that propel us forward. I encourage you to continue sharing your ideas and insights; they are the lifeblood of our organization. Wishing you all a productive and uplifting month ahead.

Warm regards,
Penny Everest
Executive Director



PARK COUNTY SENIOR COALITION

Get In Touch with Us!

Web: www.parkcoseniors.org

Phone: 719-836-4295

Email: Senior.Coalition@ParkCountyCo.Gov

Visit: Fairplay and Bailey Locations

- Bailey Office Hours: Mondays: 8AM-3PM and Thursdays: 12PM-3PM
- Fairplay Office Hours: Monday-Wednesday: 8AM-3PM and Thursdays: 8AM-11AM

Programs are made possible through Federal and State funded grants, donations and fundraisers.

Special Thanks to all of our donors.

Please scan
this code to
visit our
website!



SCAN ME

Thank you for reading. Take care!