

November/December 2024

The Senior Connection

BI-MONTHLY NEWSLETTER



PARK COUNTY
— SENIOR COALITION —

Hope everyone has had a great Fall, it sure has been a nice one. But now it looks like the weather is starting to lean towards Winter.

We had a great fundraising lunch at Aspen Peak Cellars in Bailey.

Thank you to everyone that attended and/or donated.

Here are some pictures from the event for you to enjoy.



A huge THANK YOU to everyone that attended!



"Forty for the Future"

Celebrating 40 years of service and building a strong future for seniors.



Just a reminder that for 40 years Park County Senior Coalition has been providing continued service to Seniors that live in Park County.

PCSC is a non-profit that is dedicated to serving Park County Seniors with programs that support healthy aging in their mountain homes.

Services include:

Financial assistance for transportation as well as frozen and pantry meals.

For those that qualify we also provide financial assistance with cleaning and home safety chores.



AUCTION



To continue our fundraising, we will be having an on-line auction in mid-November.

More information on how to participate and what is being offer will be provided as we get closer to that time.

So, keep an eye open for emails and ear open for our famous robo-calls

Your support would be greatly appreciated.

Or to donate please scan the QR code or go to <https://parkcoseniors.org/donate>



Prepare Your Pets for Disasters

(From <https://www.ready.gov/pets>)



Continuing the preparedness discussion from the last newsletter, I thought it would be good to include our pets as they are also an important member of our families.

If you have a plan in place for you and your pets, you will likely encounter less difficulty if there is a need to evacuate. If local officials ask you to evacuate, your pet should evacuate too. If you leave your pets behind, they may end up lost, injured or worse.

Many public shelters and hotels do not allow pets inside. Know a safe place you can take your pets before disasters and emergencies happen.

Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.

Have your pet microchipped. Make sure to keep your address and phone number up-to-date and include contact information for an emergency contact outside of your immediate area.

Contact your local emergency management office, animal shelter or animal control office to get additional advice and information if you are unsure how to care for your pet in case of an emergency.

Here are some items you may want to include in an emergency kit for your pet:

- Food. Keep several days' supply of food in an airtight, waterproof container.
 - Water. Store a water bowl and several days' supply of water.
 - Medicine. Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.
 - First aid kit. Ask your veterinarian about what is most appropriate for your pet's emergency needs.
 - Collar with ID tag and a harness or leash. Include a backup leash, collar and ID tag. Copies of your pet's registration information and other relevant documents.
 - Traveling bag, crate or sturdy carrier, ideally one for each pet.
 - Grooming items. Pet shampoo, conditioner and other items, in case your pet needs some cleaning up.
 - Sanitation needs. Include pet litter and litter box (if appropriate), newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.
 - A picture of you and your pet together. This will help you document ownership and allow others to assist you in identifying your pet.
 - Familiar items. Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.
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Health and Wellness Tips

Seasonal Affective Disorder

(<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>)



What is seasonal affective disorder?

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter but then feel better in the spring when longer daylight hours return. Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

Symptoms of depression can include:

- Persistent sad, anxious, or "empty" mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like "hibernating")

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

Winter-pattern SAD should not be confused with "holiday blues"—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

Who develops SAD?

It is estimated that millions of Americans experience SAD, although many may not know they have this common disorder. In most cases, SAD begins in young adulthood.

SAD occurs much more often in women than in men. Winter-pattern SAD also occurs more often than summer-pattern SAD. Therefore, SAD is more common in people living farther north, where there are shorter daylight hours in the winter.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org. In life-threatening situations, call 911.

Next PCSC Board Meetings
9:30am at 825 Clark Street Suite C
October 15th
November 19th
December 17th

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)

December 7 – A Real Colorado Christmas Celebration & Festival of Trees, Holiday Bazaar and Chili Cook-Off.

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

NOVEMBER 18TH: COLORADO LEGAL SERVICES
DECEMBER 16TH: CHRISTMAS BRUNCH
JANUARY 20TH: EMERGENCY PREPAREDNESS



Providing gently used clothing at no cost!
Open every Friday from 3 to 5pm
and
Saturday from 9am to 12:00pm

*Clothing donations accepted at the drop off box
directly behind Crow Hill Bible Church. 75 Bull
Dogger Dr., Bailey, CO 80421*

All donations must be clean and in good repair!

The Clothes Closet is located
in the lower level of the Bai-
ley Business Center directly
behind the food pantry.

288 Main St.
Bailey, CO 80421



*Bridging the gap during difficult times...showing God's love and
compassion by providing food, firewood and services to those in need
in the Platte Canyon area.**



Need Food?
We can help!!

We are open every Friday from 3 to 5pm & Saturday from 9 am to 12



Bailey Business Center
288 Main Street
Bailey, CO 80421

Mailing Information:
LifeBridge Food Pantry
P.O. Box 312
Bailey, CO 80421

John F. Obrecht
303-909-7534
john.obrecht150@gmail.com
www.lifebridgeco.org

Everyone is welcome!
We want to serve you!!



Featured Recipe - Coconut Curry Chickpeas:

From the Park County Cookbook, this is a quick, affordable, and healthy dinner to put together that is endlessly adaptable. If you want it spicy, add some chili powder or hot sauce. You can use other beans or use tomato sauce instead of canned tomatoes. It's also a great way to sneak in some greens, like kale or spinach.

Yield: 4 servings

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS:

- 1 onion
- 3 garlic cloves, diced
- 1 Tblsp. ginger, grated
- 2 Tblsp. olive oil
- 1 ½ Tblsp. curry powder
- 1 tsp. cumin
- salt, pinch
- 2 cans chickpeas, drained
- 1 can diced tomatoes (or small can tomato sauce)
- 1 can coconut milk
- 2 cups chopped greens (salad, kale)

DIRECTIONS:

1. Heat up oil in a pan over medium heat. Add onions, garlic, and ginger. Sauté for 5 minutes.
2. Add curry powder, cumin, and salt. Stir for 1 minute.
3. Add chickpeas, canned tomatoes, and coconut milk. Simmer over medium-low for 15-20 minutes.
4. Add kale or spinach and cook for a few minutes (5 minutes more for kale; 1-2 minutes for spinach). Serve with rice or bread.

Park County History

1861 November 1 Park County: Park County established

1874 December 7 Alma: Telegraph line from Denver to Alma is completed

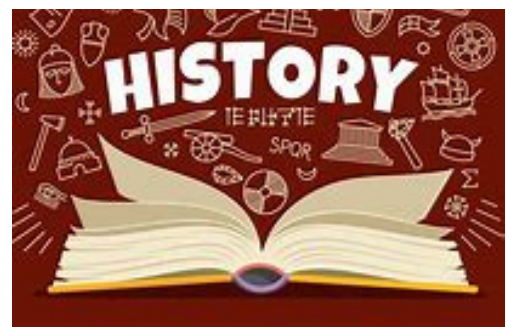
1874 November 21 Fairplay: Courthouse is reported completed

1874 November 28 Fairplay: Telegraph line from Denver to Fairplay near completion

1896 November 9 Como: Pacific Hotel in Como burns

1899 December 17 Alma: Snow closes RR between Fairplay & Alma for 3 mos.

1972 December 8 Hartsel: Hartsel Hotel burns



Looking For Volunteers

Regional Advisory Council

The purpose of the Council is to advise and recommend to the PPACG Board of Directors and PPACG staff action on matters regarding the development of an area-wide system of coordinated and comprehensive services for older persons to enable them to maintain as much independence as possible.

Pikes Peak Commission on Aging

The purpose of the Commission is to advise and recommend to the PPACG Board of Directors and PPACG staff action on matters regarding the development of an area-wide system of advocacy and policy recommendations for older persons to enable them to maintain as much independence as possible.

Mission Statement:

"We seek to enrich the lives of our diverse senior community, advocating for effective and beneficial policy, and encouraging robust collaboration among service provider for seniors."

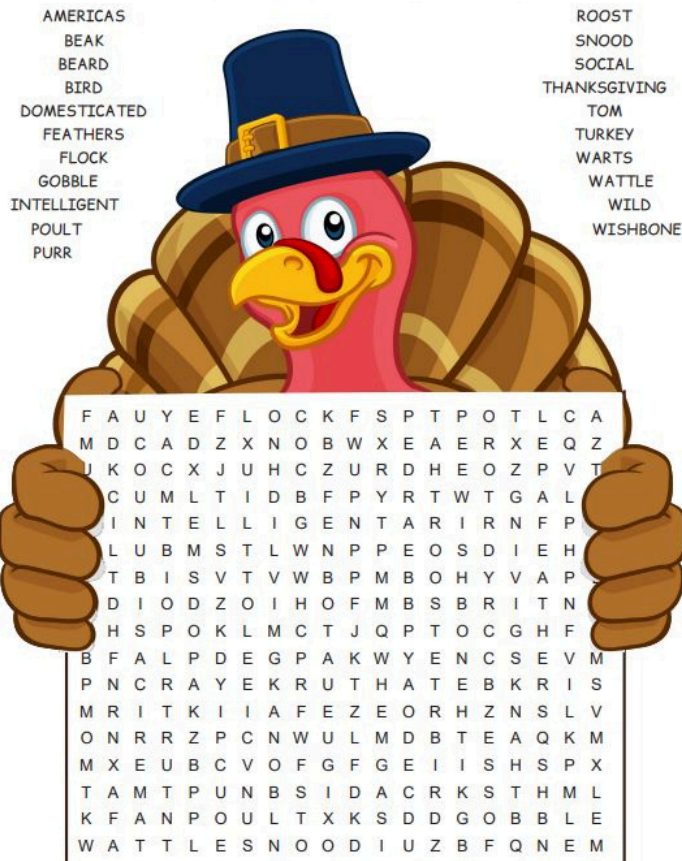
Vision Statement

We envision every senior supported, honored, valued, and engaged, made evident by their inclusion in our communities

Each meets monthly for 2 hours.

For more information please contact Melissa Marts at mmarts@ppacg.org or 710-471-2096x135.

IT'S ALL ABOUT THE TURKEY



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

DIRECTOR'S CORNER:

This month, we want to highlight the incredible contributions of our volunteers. Their dedication makes a significant impact on our programs and services. If you're interested in volunteering or know someone who might be, please reach out!

****Tips for Staying Connected:****

As the weather cools down, it's easy to feel isolated. We encourage everyone to reach out to a friend or neighbor for a chat or a cup of tea. Staying connected is vital for our well-being.

Thank you for being a part of our community. We look forward to seeing you at our events and sharing more moments together.

Penny Everest
Executive Director CFO
Commissioner on Aging Park County



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 and Happy Holidays!*