

January/February 2025

# The Senior Connection

BI-MONTHLY NEWSLETTER



PARK COUNTY  
— SENIOR COALITION —

Welcome  
2025

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We had our Christmas brunch in December and as you can see from the pictures, everyone had a great time and enjoyed great food. All who attended must have been on the good list as everyone received a present and a gift card. Special thanks to Stephanie from South Park Gift Drive for the presents and cards. Hope everyone had a wonderful Christmas and best wishes for the New Year.

If you have not been joining us for the brunches, please make it your resolution to join us in the new year.





# Health and Wellness Tips

## Self-Care for Arthritis: Five Ways to Manage Your Symptoms

<https://www.cdc.gov/arthritis/caring/index.html>



There are many things you can do to manage arthritis symptoms. The things you do to manage your condition and stay healthy are called "self-management" or "self-care.". Here are five of the most effective things you can do—without medicine—to control arthritis pain and symptoms.

### Why it matters

Managing arthritis can help relieve your symptoms so you can do the activities that are important to you can also help you manage other chronic conditions you may have, such as diabetes, heart disease, or obesity.

### Things you can do right away

Follow these five key steps to manage your arthritis:

1. Learn the skills you need to manage arthritis
  - Learn the skills you need and gain confidence to manage your condition.
  - There are low-cost self-management education workshops across the country.
    - These workshops can help you learn to manage pain, exercise safely, and gain control of your arthritis.
2. Be active
  - Research shows physical activity for arthritis:
    - Reduces pain.
    - Improves physical function.
    - Delays physical limitations that can be caused by arthritis.
  - All adults, including those with arthritis, should try to get at least 150 minutes (2.5 hours) each week of moderate physical activity, such as fast walking or bicycling.

### Meeting the recommended guidelines

- You can make it easier to get the recommended (150 minutes a week of) physical activity by:
    - Choosing activities that you enjoy.
    - Breaking it up into small chunks—for example, 30 minutes a day, 5 days a week.
    - Taking personal or group exercise programs.
  - If you are not able to meet the recommendation, be as active as you can. Even small amounts of physical activity can have some health benefits.
  - Learn about CDC-recognized physical activity programs for people with arthritis.
3. Keep a healthy weight
    - Keeping a healthy weight can help slow arthritis symptoms from getting worse so you can keep doing the activities you enjoy.
    - For adults who have overweight or obesity, even a small amount of weight loss can help reduce arthritis-related pain and disability. Even a 5%, or 12-pound loss, for a 250-pound person can help, a healthy diet can relieve joint pressure.
  4. See your health care provider
    - If you have arthritis (especially inflammatory arthritis), it is important that a health care provider detect it early.
    - Health care providers can recommend physical activity and other ways to manage arthritis without medicine so you can maintain a good quality of life.
    - If medicines are needed to help you cope with symptoms, health care providers can prescribe them, talk to a health care provider about your pain and symptoms.
  5. Protect your joints
    - Avoiding injuries to joints can reduce the chances of getting osteoarthritis or making it worse.
    - Sports/jobs that have repetitive motions, like repeated knee bending, put you at higher risk for this type of arthritis.
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**Next PCSC Board Meetings**  
9:30am at 825 Clark Street Suite C

Board meetings are the third Tuesday of the month.

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**

Third Monday of the month  
10am-12pm 880 Bogue Street, Fairplay  
JANUARY 20TH: EMERGENCY PREPAREDNESS  
FEBRUARY 17th: TBD

**Look and LEAP**

If you have not done so already,  
please look into Colorado Low-income Energy Assistance Program (LEAP)



The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs. Our goal is to help bring warmth, comfort and safety to your home and family by assisting with heating costs.

The LEAP program works to keep our communities warm during the winter (Nov-April) by aiding with heating costs, equipment repair and/or replacement of inoperable heating tools. While the program is not intended to pay the entire cost of home heating, we aim to help alleviate some of the burdens that come with Colorado's colder months.

In most cases, the energy assistance benefit is paid directly to the household energy supplier. In most cases, if you are approved for LEAP, payments are made directly to your primary heating fuel vendor and a notice will be sent to you informing you of the benefit amount. Other benefits provided by LEAP include repair or replacement of a home's primary heating system, such as a furnace or wood-burning stove. The program does not provide financial assistance for any type of temporary or portable heating.

**LEAP eligibility**

If your income is up to 60% of the state median income level, you may qualify for heating assistance through LEAP. The state median income level used for the 2024-25 LEAP season was released by the U.S. Department of Health and Human Services in April 2024. The amount of the energy assistance benefit varies depending on a variety of factors, including the primary heating fuel costs and income.

**How to apply**

LEAP accepts applications between November and April. Click below to learn more about applying for LEAP benefits, including a checklist to help you prepare your application. If you're looking for assistance outside of LEAP season, it may be available.

Please call 1-866-HEAT-HELP (1-866-432-8435) for more information.

Or go to - <https://cdhs.colorado.gov/leap>

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## Featured Recipe: Black-Eyed Pea Soup

Okay, I know this is supposed to be a New Years Eve dish, but I figured it is never too late, and it still sounds good for a cold Winter day.

### Ingredients

- 12 ounces bacon
- 2 tablespoons fresh minced garlic, about 4 large cloves
- 10 cups unsalted/low-sodium chicken stock, OR broth.
- 1-pound dried black-eyed peas, soaked\* and drained
- 4 bay leaves
- 2 teaspoons dried thyme
- 2 cups fresh parsley, chopped (plus additional, for garnish)
- Freshly ground black pepper, to taste



### Instructions

- Heat a large pot or Dutch oven over medium heat. Using a pair of kitchen shears, snip bacon slices into 1-inch segments and place in pot (or chop with a knife on a cutting board). Cook, stirring often, until bacon is crispy. With a slotted spoon, remove bacon to a paper towel-lined plate to drain. Pour the bacon grease from the pot, reserving about 1 tablespoon in the pot.
- Add minced garlic to the pot and stir for 1 minute, or until fragrant and beginning to turn a light golden brown. Pour in chicken stock, black-eyed peas, bay leaves, thyme, parsley, pepper, and half of the cooked bacon pieces (refrigerate the other half of the bacon for now).
- Bring to a boil and then reduce to a simmer and cover. Cook for 1 ½ to 2 hours, stirring occasionally, or until the black-eyed peas are tender. If the liquid gets too low before the peas are done, add an additional 1 to 2 cups of chicken stock. And if you desire less liquid by the time peas are done, simmer uncovered for 10 or so more minutes.

Remove the bay leaves and serve the soup hot with the reserved bacon crumbles and additional fresh chopped parsley sprinkled on top.

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### **\*\*\*Please Note Change in Voucher Process\*\*\***

As many of you may have already noticed there have been changes in the voucher system. Due to mandatory changes from the state, we need vouchers to be turned in by the end of the month the trip was taken, or the service was provided.

**We can no longer back date to the previous month.**

Please download the most current versions of the voucher from our website -  
<https://parkcoseniors.org/services/>

You can also come into the office to get a copy of the latest version.

If you are not able to drop off or have the voucher arrive in time by mail,  
you can scan or email it and send by e-mail.

If you have any questions, please feel free to call us.

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## Park County History

Appears that not much happen in January/February in Park County - Too Cold?  
1889 February 14 Spinney Post Office established  
1860 January 4 Tarryall Post Office established  
1862 January 7 Tarryall Co. seat moved from Tarryall City to Buckskin Joe



# Happy New Year!



AULD LANG SYNE  
BABY  
BALL  
BALLOONS  
CALENDAR  
CELEBRATION  
CHAMPAGNE  
CLOCK  
CONFETTI  
COUNTDOWN  
DANCING  
DECEMBER  
EVE

FATHER TIME  
FIRECRACKER  
FIRST  
FLUTE  
GAMES  
GOWN  
HAPPY  
HAT  
HOURGLASS  
INVITATION  
JANUARY  
KISS  
MIDNIGHT

MUSIC  
NOISE MAKER  
PARTY  
RESOLUTION  
SPARKLER  
STREAMER  
TIMES SQUARE  
TOAST  
TRADITION  
TUXEDO  
VOW  
YEAR



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## DIRECTOR'S CORNER:

Dear Supporter, Seniors, and Donors,

As we close another chapter, I want to take a moment to thank each of you for your ongoing dedication and commitment to our mission. Your efforts, whether behind the scenes or at the forefront, are what make our collective impact possible.

Together, we continue to make meaningful strides toward our goals. I am excited for what the future holds and look forward to the progress we will make in the coming months.

Thank you for being an essential part of our journey.

Penny Everest  
Executive Director CFO  
Commissioner on Aging Park County



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## PARK COUNTY SENIOR COALITION

### Get In Touch with Us!

**Web:** [www.parkcoseniors.org](http://www.parkcoseniors.org)

**Phone:** 719-836-4295

**Email:** [Senior.Coalition@ParkCountyCo.Gov](mailto: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!



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*Thank you for reading.*