
The Senior Connection

BI-MONTHLY NEWSLETTER

March/April 2025



PARK COUNTY
— SENIOR COALITION —

Terri and Carrie came to the brunch and discussed what is going on at the recreation center. We also had some Valentines Day cards and sweets for everyone.



South Park Recreation Center

- Some seniors may be eligible for a free rec center membership through Silver Sneakers and Renew Active. Call your insurance directly to inquire.
 - The classes that I highlighted that are great for seniors (and these are all included with the rec center membership):
 1. Silver Sneakers - Mondays 9:30-10:30am and Wednesdays 9:45-10:45am - a moderate/low paced class focusing on strength, flexibility and endurance. Can be done sitting or standing, using handheld weights or a ball.
 2. Aqua Fitness - Mondays 8:30-9:30am and Thursdays 8:30-9:30am - A moderate paced class in the pool with less stress on the joints. Helps to burn calories, boost mental health and build strength. This class is taught by members of the community.
 3. Various Yoga Classes - Monday/Wednesday/Thursday/Friday mornings - Our yoga instructors can work with all ages and ability levels. They teach mindfulness, breathwork and meditation, while increasing your flexibility and strength.
 - Another highlight is our future plans for a gymnasium addition. We are looking for community support and feedback for this big project. The addition will include a full basketball court, volleyball, pickleball and a big weight room expansion.
 - Check out our website: southparkrec.org for any additional class and programming information.
 - You can reach the front desk at: (719)836-0747 if you have any questions about memberships.
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Health and Wellness Tips

6 Nuts and Seeds That Can Give Your Brain a Boost

By Kelsey Ogletree, AARP



There may be no such thing as a “perfect” food, but nuts and seeds come close. These nutritional nuggets contain omega-3 fatty acids and other unsaturated fats to help reduce inflammation and promote heart health says registered dietitian Jessica Cording. With 3 to 7 grams of protein per ounce, nuts and seeds help fuel muscle maintenance and repair. They also keep you feeling full, helping with weight management.

But, in addition, these morsels have an unsung superpower: They help protect your brain. In part, that’s due to their mix of healthy fats and antioxidants. But it’s also a function of their fiber content. “Eating enough fiber from food helps maintain a more balanced microbiome, which supports overall physical and mental well-being,” says Uma Naidoo, M.D., a nutritional psychiatrist and author of *This Is Your Brain on Food*. Because nuts are high in calories, keep your snacking to about 1 ounce (¼ cup) of nuts per day; that’s about 23 almonds or 14 walnut halves. Here are Naidoo’s choices for top nuts and seeds to keep your brain sharp.

- Chia seeds and flaxseeds are very rich in omega 3-fatty acids in the form of ALA, or alpha-linolenic acid, which research suggests supports brain health. Use ground flaxseed to maximize your body’s ability to digest it.
- Walnuts might be shaped like little brains for a reason: They provide higher amounts of ALA than any other nut. Emerging research also links regular intake of walnuts with a lower prevalence of depressive symptoms and improved mood, says registered sports dietitian Kelly Jones. Like other nuts and seeds, they’re also rich in protein and fiber.
- Pistachios have a positive effect on the brain’s ability to generate brain waves, including gamma waves, which are critical for cognition and memory, researchers at Loma Linda University found. Among the nuts they tested, pistachios had the greatest effect on gamma waves.
- Almonds are by far the most potent source of vitamin E among all the nuts. Low intake of vitamin E has been linked to an increase in dementia risk.
- Brazil nuts are a great source of selenium, an antioxidant that has been associated with improved brain health, says Cording. Just one a day will more than cover your daily need of 55 mcg.
- Pine nuts are rich in a rare and specific fat called pinolenic acid, which has been shown to reduce inflammation levels.

Raw or roasted?

“You may have heard it’s better to eat raw nuts and seeds. But there’s not a big advantage, health wise, so choose what you enjoy. “It’s more important that someone is consuming nuts and seeds at all,” says dietitian Jessica Cording.

Dry-roasted nuts, which are roasted without any oil, have a nutrient profile similar to raw ones. You can dry-roast nuts at home to enhance their flavor and texture; most do well baked at about 300°F until fragrant, about 10 to 25 minutes. (Different nuts cook at different rates.)

There’s one caveat, though: “Do not overcook them, as that can reduce their antioxidant potential,” says dietitian Kelly Jones.

Whether you’re buying whole nuts or nut butters, the same rules apply. “Look for products with as few ingredients as possible—ideally just the nuts or seeds,” Cording says. If you see oils (such as palm oil), preservatives or added sugar, keep looking.

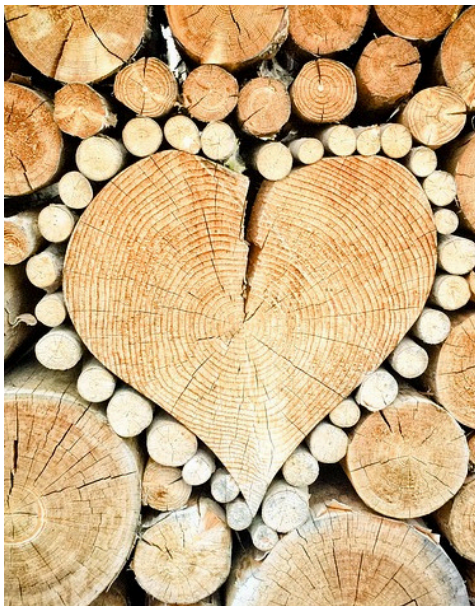
Next PCSC Board Meetings
9:30am at 825 Clark Street Suite C

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



If you are in need of firewood or food,
the Country Church of Hartsel has a Food Bank and
Firewood Program

Hartsel Food Bank
2-3PM every Sunday
(Dome building behind Post Office)

Hartsel Woodchuck Program
Sunday 12-2PM

For details call Suzy Jones – 719-838-1203

**NEED
CARE?
STRIDE
IS HERE!**

STRIDE will be providing
healthcare services at the

BAILEY LIBRARY

TUESDAYS 10am - 2pm



**MEETING ALL
HEALTHCARE NEEDS
INCLUDING:**

Sick Visits
Chronic Care Needs
Medication Support
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Specialty Referrals
Wound Care



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Featured Recipe:

Immune Boosting Onion Chicken Soup

By Stacey Isaacs, the chef and cookbook author behind Kitchen of Youth (kitchenofyouth.com)

"I make this Immune Boosting Onion Chicken Soup in a slow cooker, but you can also make it on top of the stove, either way it is delicious and comforting," Isaacs says.

INGREDIENTS

- 1 giant onion (or 2 large onions), chopped
- 4 scallions, sliced – "Be sure to also add the root ends to the soup – they are extra healing," Isaacs says.
- 2 large carrots, peeled and sliced
- 3 celery stalks, sliced
- 12 large garlic cloves, smashed
- 4 large sticks of wakame seaweed (you can use whatever seaweed you have, or you can omit this)
- 1 quart chicken bone broth
- 3 cups water
- 1 pound boneless chicken thighs, cut into 1-inch pieces
- Salt and pepper, to taste
- 1 cup grain-free chickpea shells (or any small pasta)

DIRECTIONS

1. Put all of the ingredients except the shells into your slow cooker.
2. Cook on high for 4 hours.
3. Add shells and cook for an additional 15 minutes or until the pasta is cooked al dente.
4. PRO TIP: If you'd prefer to cook this soup on top of the stove, you can follow the directions above but you'll only need to cook the soup for about 1.5 hours as opposed to 4 before adding the shells.



*****Change in Voucher Process - THANK YOU*****

As mentioned in the last newsletter, there have been changes in the voucher system.

A big THANK YOU to everyone for getting their vouchers in on time.

This helps us to get them processed and submitted by the states deadline.

A reminder, the current versions of the vouchers are on 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.

Park County History

- 1873 March 7 - Alma Post Office established
 - 1875 March 16 - Hartsel Post Office established
 - 1881 March 21 - Alma Town Hall destroyed in fire
 - 1884 March 19 - Fairplay jailbreak by accused murderer Byard
 - 1900 March 17 - End of 3-month RR snow closure between Fairplay & Alma
 - 1900 March 9 - 5-week snow closure on Boreas Pass RR ends
 - 1904 April 30 - Old Mose (grizzly) is killed
 - 1928 March 11 - 6 Park County residents arrested for bootlegging
 - 1935 March 25 - Wood part of Como roundhouse burns
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Looking For A Local Dentist?

Summit Community Care Clinic's Dental Office in Fairplay. The office is currently open one day per week, on Thursdays, with plans to expand operations based on need. The Park County practice offers basic dental care, including exams, x-rays, sealants, filling, and cleanings.



PARK COUNTY DENTAL CLINIC
548 Front Street, Fairplay, CO 80440
Wednesdays, 9:00AM - 6:00PM
Thursdays, 8:00AM - 6:00PM
Appointments only

To book an appointment at Park County Dental Clinic call - [970-668-4048](tel:970-668-4048)

Golden Age Movie Actresses



BALL
BARBARA
BETTE
CAROLE
CLAUDETTE
COLBERT
DAVIS
DAY
DORIS
DOROTHY

GINGER
HARLOW
HAYWORTH
JANE
JEAN
LAMOUR
LEIGH
LOMBARD
LOY
LUCILLE

MAE
MARILYN
MONROE
MYRNA
RITA
ROGERS
STANWYCK
VIVIEN
WEST
WYMAN

Director's Corner:

Dear Supporter, Seniors, and Donors,

I just wanted to take a moment to remind you that you are not alone, even when times feel tough. Life can be full of challenges, but your strength, resilience, and wisdom have brought you through so much already. Lean on those who care about you, and don't hesitate to reach out whenever you need support.

Take each day one step at a time. It's okay to feel vulnerable and take a break when needed—self-care is just as important as anything else. You've touched so many lives, and your experience and kindness have made a difference in ways that might not always be visible. Keep going, knowing that brighter days will come. You are cherished, and your journey continues to inspire those around you.

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.

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website!



Thank you for reading.