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# The Senior Connection

BI-MONTHLY NEWSLETTER

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May/June 2025



**PARK COUNTY**  
— SENIOR COALITION —



Ian and Kevin, from South Park Ambulance, came to the brunch to tell us about a new service they are working on starting up.

The South Park Ambulance District (SPAD) has been providing 911/advanced life support emergency medical services to 1,500 square miles of Park County, since Jan. 1, 1992. Recently, SPAD has noticed an increased need, within the community, to provide certain non-emergency services to supplement the current exemplary emergency care. In order to align with ever-changing industry standards and to meet the needs of the community, SPAD is creating a Community Paramedic Program.

A Community Paramedic Program uses specialty trained, nationally certified, and state endorsed Community Paramedics to provide Mobile Integrated Healthcare (MIH) services to a community. SPAD's Community Paramedic Program will be designed, using input from the community, to provide non-emergency MIH services such as resource navigation, care coordination, post-hospital discharge follow-up and readmission avoidance, health education, fall risk assessment, mental health and substance abuse assessments, and many more services currently undergoing feasibility studies.

Currently, SPAD is in the information gathering and planning stages of this process and will soon be applying for the necessary licensure to provide integrated healthcare to the community. As SPAD continues to develop its Community Paramedic Program, more information and updates will be released, and an announcement will be made as soon as the program "goes live."

If you have any suggestions on what non-emergency services that would be helpful for them to provide, contact PCSC at 719-836-4150 and we will pass it on to them.

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As you may know, many organizations, including our Coalition, are facing funding challenges during this time. Despite these difficulties, we remain fully committed to enriching the lives of seniors by continuing to provide the services you rely on to the best of our ability.

If you're able to help, your donations will make a meaningful difference in allowing us to sustain and grow these essential services.

Every contribution, no matter the amount, goes directly toward improving the lives of the seniors we serve.

To make a donation, simply scan the QR code then go to the website's donor section, or go directly to <https://parkcoseniors.org/donate/>.

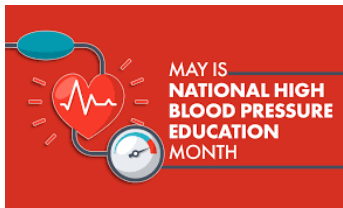


SCAN ME

Thank you for your kindness and support.

If you have any questions or would like to learn more, please don't hesitate to reach out to us at 719-836-4295 or 719-836-4150

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# Health and Wellness Tips

## Blood Pressure Awareness Month in May. (PARK COUNTY PUBLIC HEALTH)

Many people don't even know they have high blood pressure. Symptoms of hypertension often go unnoticed, and if left uncontrolled the risk of heart problems such as stroke or heart attack can increase significantly. It's important to know your numbers. When blood pressure is measured, the upper number (systolic pressure) measures the pressure in your arteries when your heart beats. The lower number (diastolic pressure) measures the pressure between heartbeats. For most people, normal blood pressure is less than 120/80.

### NEW Service at Park County Public Health!

Stop into the Bailey or Fairplay Public Health offices Tuesdays 9AM-4PM for a free blood pressure screening by a registered nurse. For the month of May receive a free CPR mouth shield (while supplies last).



### EVACUATION PREPAREDNESS-READY!



Be ready for disasters or emergencies in Park County by going to: <https://www.parkcountycogov/928/Evacuation-Preparedness---Ready-Set-Go>

Also, please take a moment to fill out **CODE RED** information so that you'll be notified by your local emergency response team in the event of emergency situations or critical community alerts. Go to: <https://public.coderedweb.com/CNE/en-US/F9FB36CB1C0D>.

Recently Park County Emergency Management held a tabletop exercise where they showed what could happen in Park County if a fire like the "Camp Fire" in California were to happen here. The simulation, used advanced weather data collection sites, satellite imagery and GIS mapping tools for our area to make the outcome as accurate as possible.

For the exercise two ignition points were decided on - Mosquito Pass Road and Little Baldy Mountain. The wind on the ground is measured at 35 knots with gusts to 50 knots.

During the exercise, we were given way more details than I can include in this newsletter, but the short version is something like:

- Within one hour of the fire being reported, the small village of Mosquito Pass (~1.7 miles west of Alma) has begun to burn due to firebrand spotting and blowing embers.
- Within two hours, the towns of Alma and Como have been burned over, and Hwy 285 north of Como has been burned over.
- Within five hours, the properties in the historic part of Fairplay are fully involved, 80% of the homes and businesses in downtown Fairplay have some or full fire involvement. The fire is consuming all of Front Street. The town of Jefferson and the subdivisions of Silverheels, Indian Mountain and Michigan Hills subdivisions are under intense burning.

We all know that wildfires can be an issue here in Colorado and as this exercise showed, it can be an issue for us in Park County.

So please be as ready as you can be for disasters/emergencies. Also, sign up for **CODE RED** so that you can be alerted.

To make a donations to PCSC, simply scan the QR code then go to the website's donor section, or go directly to <https://parkcoseniors.org/donate/>.

Thank you for your kindness and support.



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

Board meetings are the fourth 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



**TGIFairplay!** *Where History Meets the High Country*  
**Events 2025**

<b>APRIL 18</b>	(The Flume's) People's Choice Awards, hosted by South Park Chamber of Commerce and sponsored by O'Rourke Media Group
<b>JUNE 6 – 8</b>	Town Clean-Up for Town of Fairplay residents and businesses
<b>JUNE 7</b>	Huck Finn Day at the Fairplay Beach, Free Fishing in Colorado Weekend
<b>JUNE 27</b>	Free Concert on 5th Street, w/ <i>Chris Daniels &amp; the Kings</i> with <i>Freddie Gowdy</i> , celebrating 40 years!
<b>JULY 4</b>	Fairplay's Independence Day Celebration - Burro Buster 5k, Parade, Food, Kids' Activities, Strut Your Mutt, Fireworks & Free Concert w/ <i>Narrow Gauge</i> , award-winning Colorado Country/Rock cover band
<b>JULY 11– 20</b>	Park County Fair - Vendors, Carnival, Animals, 4-H Project Shows & Rodeo
<b>JULY 24 - 27</b>	Fairplay Gem, Mineral & Jewelry Show at the River Park Event Site
<b>JULY 25</b>	Free Concert on 5th Street, w/ <i>The Long Run</i> , an <i>Eagles</i> Tribute Band
<b>JULY 26</b>	Free Concert on 5th Street, w/ <i>Split Window</i> , local favorite
<b>JULY 25 – 27</b>	76th Burro Days Celebration - Burro, Dog & Outhouse Races, Parade, Cowboy Church, Rides, Live Music, Vendors & Burro Days Museum
<b>AUG 2</b>	Sheep Mountain Trail Runs, Human Potential Running Series
<b>AUG 5</b>	FREE EVENT: National Night Out, a fun event to improve relationships between neighbors and law enforcement
<b>AUG 9 – 10</b>	Living History Days at the South Park City Museum
<b>AUG 22</b>	Free Concert on 5th Street, w/ <i>Hazel Miller &amp; the Collective</i> , Free Colorado Peaches & Ice Cream Social
<b>SEPT 20</b>	2nd Annual Fairplay Fall Festival - Food, Libations, Live Music, Family Games & Activities
<b>OCT 31</b>	Halloween Spooktacular Hosted by Boys & Girls Clubs of the High Rockies
<b>OCT 31</b>	Haunted Halloween Museum at South Park City Museum
<b>DEC 6</b>	A Real Colorado Christmas Celebration & Festival of Trees, Holiday Bazaar, South Park Chamber's Chili Cook-Off

**SAVE THE DATE: Fairplay's Mountain Mardi Gras**  
**DATE: February 21, 2026!**



visitfairplay.net  
For a full event schedule



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## Featured Recipe:

### A beef stew with Spanish roots Chilindron

([www.aarp.org/home-family/your-home/info-2021/stew-recipes.html](http://www.aarp.org/home-family/your-home/info-2021/stew-recipes.html))

This Spanish stew, layered with rich flavors, is even tastier the day after it's made. It's a rustic recipe that's perfect for a crock pot or Dutch oven, Do not be tempted to use a lean cut of beef in this stew. Fat equals flavor, so look for beef cuts with fat marbled throughout that will melt and tenderize while cooking, adding to the stew's delicious layers.

#### Ingredients:

- 3 pounds stewing beef, cut into 1-inch chunks
- 10 small starchy potatoes, cut in half
- 1 14-ounce can crushed tomatoes
- 2 cups red wine, such as cabernet sauvignon
- 1/2 cup bacon, diced
- 2 roasted red bell peppers, chopped
- 2 cups yellow onion, diced
- 8 cloves garlic, minced
- 3 tablespoons smoked paprika
- 3 tablespoons vegetable oil
- 1 1/2 tablespoons Worcestershire sauce
- 5 sprigs thyme
- 1 teaspoon corn starch
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly cracked black pepper



#### Instructions:

1. Remove stewing beef from fridge, sprinkle with salt and pepper. Allow beef to come to room temperature, about 20 minutes.
  2. Heat cast iron pan to medium-high heat. Once hot, add vegetable oil. When oil shimmers add beef and brown 1 to 2 minutes per side. Cook beef in batches and set aside.
  3. Reduce heat to medium, add onion and sauté for 2 minutes. Add bacon and cook for 3 minutes more. Add garlic and cook for 45 seconds.
  4. Add beef back to pan. Add two cups of red wine, using a spatula to scrape bits sticking to bottom of pan. Bring wine to a boil and cook until wine is reduced by half.
  5. Move everything to a slow cooker or Dutch oven, except for potatoes and cornstarch. Add fresh thyme sprigs. Cook on low for 3 hours in slow cooker or at 190°F in Dutch oven with the top on.
  6. Add potatoes, making sure they are submerged in liquid.
  7. Cook for 30 minutes, then take a cup of stew liquid and add a tablespoon of cornstarch to it. Mix thoroughly back into pot and continue to simmer.
  8. Serve after 4 hours of total cooking time, removing thyme sprigs before ladling into bowls
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## Senior Property Tax Exemption!

Are you 65 or older as of January 1, 2025?

Are you, or your spouse, the owner of record and

owned the property for at least 10 consecutive years prior to January 1, 2025?

Has your current home been your primary residence for 10 consecutive years prior to January 1, 2025?

If you answer yes to these questions, you could be eligible for a reduction in the value of your property which would equate to a reduction in your taxes.

The senior property tax exemption is available to senior citizens and the surviving spouses of senior citizens.

The state reimburses the local governments for the loss in revenue.

When the State of Colorado's budget allows, 50 percent of the first \$200,000 of actual value of the qualified applicant's primary residence is exempted.

Deadline to apply is July 15<sup>th</sup>.

Applications are available from the Park County Assessor's Office at 856 Castello Avenue, Fairplay or online at <https://www.parkcountyco.gov/787/Senior-Citizens-Property-Tax-Exemption>.

If you have questions, please call the main office at 719-836-4331.

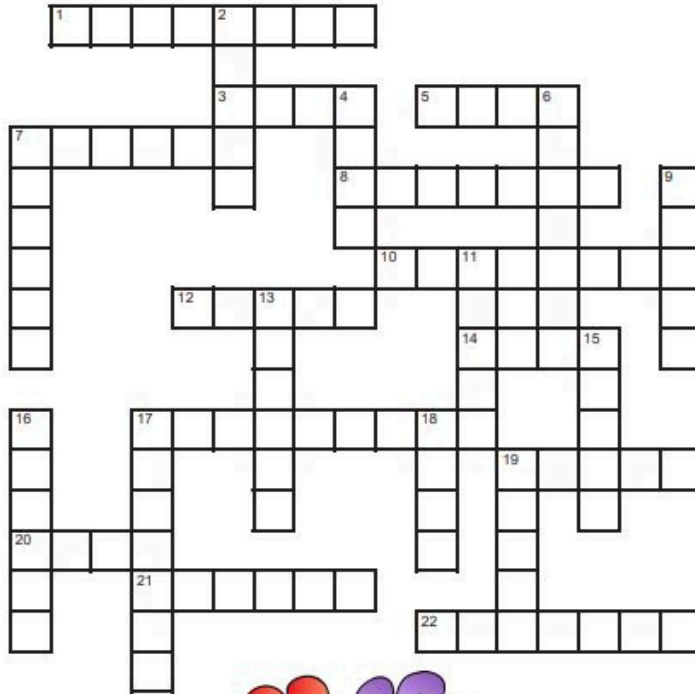
## Spring is Here!

### Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

### Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm

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## Director's Corner:

To Our Valued Senior Coalition Members,  
Your wisdom, strength, and lifelong contributions continue to shape our communities in profound ways. Every story you share, every bit of guidance you offer, and every smile you bring lights a path for the generations behind you.

In this season of life, know that your presence is powerful, your experiences are treasured, and your voice still matters deeply. Together, we continue to grow, uplift, and build a brighter, more connected future.

Thank you for being the heart of this coalition. We are stronger, kinder, and wiser because of you. With deep respect and gratitude,

Penny Everest  
Executive Director CFO  
Commissioner on Aging Park County



## 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.

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*Thank you for reading.*