

The Senior Connection

BI-MONTHLY NEWSLETTER

July/August 2025



PARK COUNTY
— SENIOR COALITION —



Summer is finally here, and I hope everyone is enjoying the warmer weather.

With warmer weather comes all the summer activities, please try to get out and enjoy as there is a lot to do.

Here are dates for some of the activities, for more go to -
www.fairplayco.us/172/Special-Events.

- July 4 - Fairplay's Independence Day Celebration, Burro Buster 5k, Parade, Food, Kids' Activities, Strut Your Mutt, Fireworks & Free Concert w/Narrow Gauge, award-winning Colorado Country/Rock cover band.
- July 11-20 - Park County Fair, vendors, carnival, animals, and rodeo (parkcofair.com)
- July 24 to 27 - Fairplay Gem, Mineral and Jewelry Show, 9 am to 5 pm, River Park Event Site
- July 25 - TGI Fairplay Free Concert Series, 6 pm, on 5th Street, band TBD.
- July 25 to 27: 76th Burro Days Celebration, burrodays.org for more Information as available.

Looking for some neat and cool stuff?

If so come check out our Auction!

We have all sorts of stuff with your name on it.

Hit the QR code and select the Auction tab near the top of the page
or

Go to directly to the auction page
<https://parkcoseniors.org/auction/>

To make a bid call in and let us know what item(s) you are interested in.

Provide your name, contact information, item number, and bid.

Who knows you may be the new owner of neat Kachina Doll, quilt, or some other nifty items.



SCAN ME



Health and Wellness Tips

Protect Yourself From the Heat and Sun
(<https://newsinhealth.nih.gov/2021/06/beat-heat>)



- Do outdoor activities during the coolest part of the day, in the early morning or evening.
- Exercise in an air-conditioned space if possible. Or do water workouts.
- Try to stay in the shade when outdoors during peak sunlight.
- Drink plenty of liquids, especially water. Avoid drinks that contain alcohol or caffeine.
- Wear protective clothing, such as hats, long-sleeve shirts, and long pants to block out the sun's harmful rays. Choose light-colored, loose-fitting clothing.
- Use sunscreen that blocks both UVA and UVB radiation. Choose a sun protection factor (SPF) of at least 15, preferably 30. Reapply frequently.
- Use sunglasses that block both UVA and UVB.
- If you don't have air conditioning, keep your home as cool as possible. If you need help paying energy bills, visit go.usa.gov/x6arw or call 1-866-674-6327.

*Your
Donation
Helps!*

A friendly reminder, if you are able to help, your donations will make a meaningful difference in allowing us to sustain and grow our services.

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

*Your
Donation
Helps!*

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



If you are out and about, make sure to drop by and visit us, we plan to be at the following events - County Fair, Burro Days, Hartsel Days, and the Lake George Tractor Pull.

We will be meeting, greeting, and handing out fun swag.

If you want to volunteer and help out, please give us a call.

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



Founding Fathers

Word Search

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



BURR
CARROLL
CHASE
FL LEE
FRANKLIN
G MORRIS
HAMILTON
HANCOCK
HENRY

J ADAMS
JAY
JEFFERSON
KING
MADISON
MONROE
PAINE
PENN
R MORRIS

RH LEE
RODNEY
RUSH
S ADAMS
SHERMAN
WASHINGTON
WITHERSPOON
WYTHE

Featured Recipe:

Summer Orzo Pasta Salad

(www.acedarspoon.com/summer-orzo-pasta-salad/)

A great addition to any summer get together!

This summer salad recipe mixes together orzo pasta, chickpeas, creamy feta cheese, crisp summer vegetables, fresh herbs and is topped with a light lemony vinaigrette.



Ingredients you will need

Dressing: Homemade salad dressings take salads to the next level. This dressing mixes together red wine vinegar, lemon juice, honey and extra virgin olive oil. Feel free to add some lemon zest for extra citrusy flavor.

Vegetables: This salad uses fresh veggies including cherry tomatoes, cucumbers and red onion. Feel free to add whatever fresh vegetables you have in your fridge. I love red bell pepper, zucchini, carrots and celery if I have them.

Herbs: I add fresh mint, fresh basil and fresh parsley to this salad. If you have fresh dill that is always a nice addition.

Beans: One can of chickpeas adds a nice texture and protein to this salad. Other ideas would be white beans or kidney beans.

Cheese: I love the feta cheese in this orzo pasta salad, but you can also use goat cheese, mozzarella cheese or parmesan cheese.

How to Make this Orzo Pasta Salad

1. Cook the Orzo Cook the orzo according to the package until al dente. Let cool completely or run under cold water until it cooled.
2. Mix Ingredients: In a large mixing bowl combine the cucumber, feta cheese, garbanzo beans, tomatoes, red onion and gently stir to combine.
3. Create Dressing: In a mason jar or salad dressing container whisk together the red wine vinegar, fresh lemon juice, honey, salt, pepper and extra virgin oil.
4. Add Orzo into the Salad: Add the orzo pasta to the vegetables and mix well. Pour half of the dressing over the salad and toss. Sprinkle the basil, mint and parsley over the salad and gently toss.
5. Serve or Refrigerate: If serving immediately add more dressing if you feel like the salad needs it. Otherwise refrigerate the remaining half of the dressing and the salad. When ready to serve add the remaining lemony dressing and toss in a large serving bowl. Store the leftovers in an airtight container.

Make-Ahead Tip: You can easily make this salad a day or two ahead. I always leave the herbs out until the last minute, or they will wilt. I also add only half of the dressing to the salad when I make it ahead and then add the remaining half when I serve the salad. This helps freshen the salad up and the orzo soaks up the dressing, so it adds more flavor back in.

Storage Tips - Store the salad in an airtight container in the fridge for up to 5 days. When you go to serve it again you might want to add more dressing in and remix the salad. The orzo tends to soak up the dressing when it sits.

Director's Corner:

Summer is here, and Park County is in full swing with plenty of fun and activities to enjoy.

We hope you're getting out and making the most of the beautiful weather!

We also want to hear from you! Your feedback helps us improve our newsletters and make them more valuable to you.

Please take a moment to send us an email at senior.coalition@parkcountycogov with your suggestions or ideas about what you would like to see in future issues.

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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Thank you for reading.