The Senior Connection

BI-MONTHLY NEWSLETTER





A Season of Gratitude and Joy

As we move into this special time of year, the spirit of the holidays reminds us how much we have to be thankful for. Thanksgiving offers a wonderful opportunity to pause and reflect on life's many blessings — the warmth of friendship, the comfort of home, and the memories that continue to bring smiles to our faces.

It's a season to celebrate the people and moments that enrich our lives, and to share kindness, laughter, and love wherever we can.

The holidays have a way of bringing us together, reminding us that community and connection are among life's greatest gifts. Whether we're sharing a meal, lending a helping hand, or simply enjoying a conversation with a friend, these moments of togetherness fill our hearts and strengthen the bonds that carry us through the year.

With Christmas just around the corner, the glow of the season fills our hearts with joy and hope. May your days be bright with cheer, your home filled with warmth, and your spirit lifted by the beauty of the season.

Whether your celebrations are big or small, may they be filled with peace, laughter, and love — and may the New Year bring good health, happiness, and many wonderful moments ahead.

From all of us, we wish you a joyful holiday season and a bright, fulfilling New Year!



Some of My Favorite Movies for the Season

Some of my favorite viewing/listening for Thanksgiving:

- Planes, Trains, and Automobiles This is a great movie, highly recommend it.
- Grumpy Old Men
- A Charlie Brown Thanksqiving
- Alice's Restaurant I bet a few of you even have this album, I do and listen to it every year. Remember, you can get anything you want.

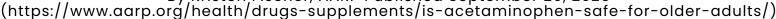
For Christmas (Too many of these to list but these are at the top.):

- Diehard Yès, it is a Christmas movie.
- A Christmas Story Makes me want to get out my Red Ryder BB Gun.
- Scrooged Fun twist to the classic story.
- National Lampoon's Christmas Vacation Can never have too many lights.
- Home Alone What a fun movie.
- Of course, the classics Rudolph, The Grinch, Charlie Brown Christmas.

Health and Wellness Tips

What Older Adults Should Know About Acetaminophen

By Kristen Fischer, AARP Published September 29, 2025





Considering more than 70 percent of adults age 50 and older experience joint pain, a common symptom of aging, and millions more face acute injuries and battle routine illnesses, it's safe to say pain relievers are popular among the 50-plus crowd. And one that's often recommended is acetaminophen, better known by its brand name, Tylenol.

It's "an effective and useful medication for fever and mild pain syndromes in older adults," says Dr. R. Sean Morrison, professor and chair of the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai.

And in most instances, it's safe, says Dr. James S. Powers, professor of geriatrics at Vanderbilt University Medical Center.

Still, like any medication, there are some risks and considerations for older adults. Here's what you should know the next time you reach for the pain reliever.

What is acetaminophen?

This medication is a pain reliever and fever reducer. It's often used for mild to moderate pain from muscle aches, osteoarthritis and headaches.

Acetaminophen, a nonopioid, is known in many countries as N-acetyl-para-aminophenol (APAP) or paracetamol. It can be taken orally, rectally or intravenously, and it's available over the counter (OTC) and by prescription.

The medication does not reduce inflammation; nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen are better for that. But those options come with their own risks for older individuals, such as bleeding, heart attack and stroke.

Is acetaminophen safe for older adults?

Acetaminophen is safe for most older adults when taken as directed, Powers says. However, there are a few risks and potential side effects, which is why it's always important to talk to your doctor before taking any medication.

Acetaminophen is a short-term solution

Your risk for side effects does not increase if you take acetaminophen regularly, so long as you stick to the dosage guidelines, Powers says. Many experts recommend that adults 65 and older consume no more than 3,000 milligrams (mg) daily – and that taking more than 4,000 mg in 24 hours can lead to severe liver damage — but it's always important to check with your doctor or pharmacist about dosing.



DUDE TALK

WE'LL BE HERE WITH FREE FOOD AND SPACE TO TALK. ALL YOU HAVE TO DO IS SHOW UP!

2 DADS EATERY AND TAPROOM 60006 US Highway 285 BAILEY, CO

LAST WEDNESDAY OF EVERY MONTH AT 6:00 PM JUNE 25 - JULY 30 - AUG 27 - SEPT 24 - OCT 29 - NOV 26

QUESTIONS? EMAIL US AT INFO@ALLACCESSWELLNESS.ORG



Events



Fairplay - A Real Colorado Christmas Celebration and Festival of Trees, Holiday Bazaar, and Chili Cook-Off. December 6 Alma – Bingo! November 20 7:00 – 9:00pm, Potluck at 6pm, Town of Alma CO 80420, 59 Buckskin St POB 1050, Alma, CO 80420, USA Bailey – Cowboy Christmas, December 6, 2025, Community Center Parking Lot



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.

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/.

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!

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

COLONY

CORNUCOPIA

CRANBERRIES

FALL

FAMILY

FEAST

GOBBLE

GRATITUDE

GRAVY

HARVEST

HOLIDAY

MAIZE

MAYFLOWER

MILES STANDISH

NEW WORLD

NOVEMBER

PILGRIMS

PLYMOUTH

PUMPKIN PIE

PURITANS

SQUASH

STUFFING

THANKSGIVING

THURSDAY

TURKEY

WAMPANOAG

YAMS

Thanksgiving Day

Word Search

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Featured Recipe:

(https://www.acedarspoon.com/pumpkin-pie-pancakes/)

Pumpkin Pie Pancakes soft, flavorful pancakes that use whole wheat flour and yogurt to create a healthier twist on your favorite fall dessert. Drizzle maple syrup and a sprinkle of powdered sugar on them and you are ready to enjoy!

Ingredients

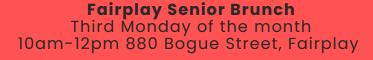
- 11/2 cups whole wheat flour (Or all-purpose flour).
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon allspice. The spice mixture is cinnamon, allspice and nutmeg. This adds a warm flavor.
- 1/4 teaspoon nutmeg
- 3/4 cup plain yogurt. The yogurt used in these is plain yogurt. You also can use Greek yogurt.
- 3/4 cup skim milk, or 1% milk
- 3/4 cup pumpkin puree. Pumpkin puree is added to the pancakes and makes these the perfect fall breakfast.
- 2 eggs. The eggs bind everything together.
- 2 Tablespoons unsalted butter, melted

Instructions

- In a large bowl whisk the flour, baking soda, baking powder and cinnamon together. Set aside.
- In a mixer, mix together the yogurt and milk until smooth. Add the pumpkin and mix until combined. Add the eggs and butter and continue mixing until combined.
- Add the wet ingredients to the dry ingredients and gently stir until moistened, making sure not to over stir.
- Spray a skillet or a griddle with non-stick spray and heat it over medium-high heat.
 Working in batches, use a small cookie scoop or a ladle to scoop the pancake
 batter onto the griddle in small rounds {about 3-4 Tablespoons of batter}. Cook the
 first side of the pancake for about 2-3 minutes, until bubbles form on the top of
 pancake. Flip the pancake and cook for another 2-3 minutes, or until golden brown.
- Garnish with maple syrup, yogurt, cinnamon and walnuts.















Per the National Foundation for Infectious Diseases, avoid serious illness and/or hospitalization by getting the COVID-19 vaccine!

Although COVID-19 can affect anyone, older individuals at greater

risk of severe illness from COVID-19.

Call Park County Public Health 719-836-4174 to book an appointment today! (They also do Flu shots!)



Public Transit

Did you know that the Town of Fairplay has begun providing basic Transit services for Fairplay and Alma?



The service is currently limited to Fairplay and Alma, but the Town hopes to expand to a monthly trip to either Salida or Frisco to Wal-Mart.

The current hours of the "On-Demand Service" are Monday - Saturday between the hours of 7:00 AM to 5:00 PM, and when not on a specific call, the driver does drive a routine route to most of the major spots in Fairplay and Alma

(Prather's, Fairplay Town Hall, Park County Offices,
South Park Rec Center, Alma Town Hall, etc).

You can flag them down to catch a ride or call to arrange a pickup at 719-839-6202.

If you have questions about the service, please stop by Town Hall or call Town Administration at 719–836–2622 opt. 5. (https://www.fairplayco.us/169/Public-Transit)



Events

Fairplay - December 6, A Real Colorado Christmas Celebration and Festival of Trees, Holiday Bazaar, and Chili Cook-Off.

South Park Food Bank – Special Thanksgiving Distribution, November 15, 9:00-11:00AM. Call 719-839-0494 for details.

Alma – Community Thanksgiving Dinner Saturday, November 22, 5–8:00PM. Bring side dish.

Bailey – Cowboy Christmas, December 6, 2025, Community Center Parking Lot

Hartsel – Community Thanksgiving Dinner
2 p.m. Saturday, Nov. 22 At the Hartsel Community Center
Sponsored by the Hartsel Community Center



Director's Corner:

In these times of change and uncertainty, it's more important than ever to hold on to the things that truly matter — kindness, community, and hope. Here in Park County, we're lucky to be surrounded by the beauty of the mountains, the strength of our neighbors, and the steady reminder that every season brings its own kind of renewal.

Even when the world feels fast or unfamiliar, please know that your presence, your stories, and your wisdom continue to make a real difference. You are part of what keeps our community grounded and connected.

Take a moment each day to breathe in the fresh mountain air, enjoy the quiet, and remember that brighter days are always ahead. You are valued, appreciated, and never alone.

With warmth 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

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.