
The Senior Connection

BI-MONTHLY NEWSLETTER

March/April 2026



PARK COUNTY
— SENIOR COALITION —

Spring is here, well almost—a season of renewal, growth, and fresh possibilities! As winter fades and the days grow longer, it's the perfect time to embrace the beauty of nature and the joy of community. March and April remind us that every day is an opportunity to learn, laugh, and live well.

This season brings gentle warmth, colorful blooms, and a sense of hope. It's a wonderful time to step outside, breathe in the fresh air, and notice the small miracles around us—birds returning, flowers peeking through the soil, and the sun shining a little brighter. These simple pleasures remind us that life is full of beauty, no matter the season.

In this issue, you'll find:

- Health & Wellness Tips
- Seasonal Recipes
- Movies
- Brain Boosters

Reflection for the Season

Spring teaches us that life is full of second chances. Just as flowers bloom after a long winter, we too can find new joys and opportunities—no matter the season of life. Take time to savor the small things: a warm breeze, a friendly smile, or the laughter of loved ones. These moments are treasures that make life rich.

A Poem for You

"The Gift of Spring"

The earth awakens, soft and bright,
With blossoms dancing in the light.
Each day a chance, a gentle call,
To cherish life, both big and small.
So, take a walk, breathe in the air,
Find beauty blooming everywhere.
For spring reminds us, clear and true,
The best of life still waits for you.

Seasonal Tip

Try adding a little color to your day—whether it's a vase of fresh flowers, a bright scarf, or a cheerful greeting to a neighbor. Small touches of joy can lift your spirits and make each day feel special.

Quote for the Season:

"Spring adds new life and new beauty to all that is." – Jessica Harrelson

Happy Spring!



Fairplay Senior Brunch
Third Monday of the month
10am-12pm 880 Bogue Street, Fairplay



Health and Wellness Tips

Avoiding Overmedication and Harmful Drug Reaction

(<https://www.americangeriatrics.org/sites/default/files/inline-files/HIA-TipSheet%20NYE19.pdf>)

As you grow older, you are more likely to develop long-term health conditions that require taking multiple medications. Many older people also take over the counter (OTC) medications, vitamins, or supplements. As a result, older adults have a higher risk of overmedication and unwanted drug reactions (adverse drug reactions).

According to the Centers for Disease Control and Prevention, adverse drug reactions result in over 700,000 visits to hospital emergency rooms each year.

To lower the chances of overmedication and adverse drug reactions, the American Geriatrics Society's Health in Aging Foundation recommends the following tips for safe medication use.

Ask Before Taking an OTC

Some over-the-counter medications (OTCs) can cause serious side effects in older adults. OTC medications—like ibuprofen and naproxen—have different names but belong to the same drug. Taking both drugs at the same time is the same as taking a double dose. Also, OTC drugs and supplements may interact with your prescription medications.

- You should always check with your healthcare provider or pharmacist before taking any OTC drug or supplement.

Make a List and Keep it Updated

Make a list of all the medications you take, their doses, how often you take them and for which condition.

- Share this list—and any updates—with all of your healthcare providers and caregivers. Take the list with you to each medical appointment, and carry the list with you at all times

Review Your Medications

Once or twice a year, ask your primary healthcare provider to review your list of medications, supplements, and vitamins.

- Ask whether you still need to take each one at its current dose. Your provider may want to stop some of your medications.

Ask Questions

Whenever you are prescribed a new medication or your dosage is changed, ask why.

Also Ask:

- o **What is the purpose of the medication, and how will I know if it is working?**
- o **What side effects should I watch for?**
- o **When and how should I take the medication?**
- o **What should I do if I miss a dose?**
- o **Will it affect any other medical conditions that I have?**
- o **Is a generic or lower-cost brand name version of the medication available?**

- Ask your pharmacist for tips on how to organize and keep track of your medications.

Follow Directions

Take your medications exactly as agreed with your healthcare providers. Be sure you understand how, when, and for how long you should take each medication.

Try to have all your prescriptions filled at the same pharmacy so the pharmacist is aware of all the different medications you are taking.

- **Tell your provider or pharmacist about any bad reactions you've had to medications in the past.**

Report Problems

If you begin to have new health problems after starting a new medication, you may be having a reaction to the medication. Tell your healthcare provider about this right away.

If you have a serious reaction, such as difficulty breathing or swelling in your throat, call 911 and go to the emergency room immediately.

Medication Don'ts

- Don't take medication that is not prescribed for you
- Don't use medication that has passed its expiration date listed on the bottle
- Don't stop taking medication just because you feel better
- Don't drink alcohol when you take medication for sleep, pain, anxiety, or depression





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

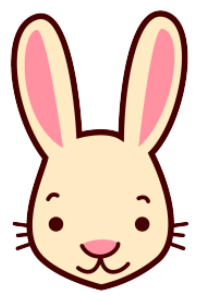
Board meetings are the fourth Tuesday of the month.

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.

Easter Day Word Hunt

X	K	O	J	E	L	L	Y	B	E	A	N	S	L	C
R	V	D	C	S	N	J	X	V	U	T	T	P	W	H
X	P	V	J	N	G	L	H	Y	K	H	V	R	V	O
P	B	B	N	W	Y	O	N	S	D	A	G	I	E	C
E	T	A	R	O	C	E	D	A	K	N	Z	N	D	O
S	G	G	E	F	X	U	F	R	W	R	A	G	A	L
X	B	H	M	P	E	F	M	E	Z	F	I	C	R	A
G	A	Y	I	Z	O	Y	Q	T	Q	Z	A	T	A	T
U	S	Q	K	D	A	N	T	S	X	U	V	F	P	E
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X	E	L	N	A	E	U	P	E	U	O	H	E	R	X
N	T	K	R	D	D	B	Y	C	W	K	S	U	C	Y
Y	P	R	I	R	A	Q	J	E	L	E	R	A	N	M
T	O	D	O	L	Q	Y	R	B	O	D	Y	S	J	T
T	D	S	K	C	I	H	C	B	Y	I	S	L	F	H



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|-----------|------------|--------|
| BASKET | DECORATE | SPRING |
| BUNNY | EASTER | SUNDAY |
| CANDY | EGGS | |
| CARROT | FLOWER | |
| CHICKS | HUNT | |
| CHOCOLATE | JELLYBEANS | |
| DAFFODIL | PARADE | |



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Save the Date
Health Fair

Join us for a Local Health Fair—a **FREE** community event bringing together trusted local organizations, healthcare providers, and wellness experts all in one place. Stop by for health screenings, resources, information, and fun giveaways designed to help you and your family stay healthy and connected in our community!

APRIL 25TH 12PM-4PM
1190 BULLET RD.

The community health fair will be at the South Park Recreation Center, in collaboration with Park County Public Health!



We invite you to support our nonprofit organization dedicated to improving the lives of seniors in our community.

Your generous donation helps provide essential services such as nutritious meals, transportation to medical appointments, wellness programs, and meaningful social activities that reduce isolation and promote dignity.

Every contribution—no matter the size—makes a lasting difference in helping older adults live safely, comfortably, and with the respect they deserve.

If you believe in our mission, please consider sharing it with friends, family, and colleagues and encouraging them to give as well.

Together, we can expand our impact and ensure more seniors receive the care and support they need. Thank you for being a champion for our seniors.

Featured Recipe - Something For Spring :

Easy Red Beans and Rice - <https://www.allrecipes.com/>

This is an easy red beans and rice recipe that is a delicious take on a Louisiana classic. It can be prepared and cooked in 40 minutes! Use turkey kielbasa to cut down on the fat, but not the flavor. Season with hot pepper sauce if you like.



- This easy stovetop recipe gives you a hearty, flavorful meal in just 40 minutes.
- Busy home cooks appreciate this budget-friendly dinner that always gets rave reviews.
- Allrecipes member Kit says, "Cheap, nutritious, easy enough for almost any night."

Ingredients

Original recipe (1X) yields 8 servings

- 2 cups water
- 1 cup uncooked rice
- 1 (16 ounce) package turkey kielbasa, cut diagonally into 1/4 inch slices
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 clove chopped garlic
- 2 (15 ounce) cans canned kidney beans, drained
- 1 (16 ounce) can whole peeled tomatoes, chopped
- ½ teaspoon dried oregano
- ½ teaspoon pepper
- salt to taste



Directions

1. Gather the ingredients.
2. Prepare the rice: Bring water to a boil in a saucepan. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes.
3. Meanwhile, cook sausage in a large skillet over low heat for 5 minutes.
4. Stir in onion, green pepper, and garlic; saute until tender.
5. Add in beans and tomatoes with juice. Season with oregano, pepper, and salt. Simmer uncovered for 20 minutes. Serve over rice.

NOW ON MONDAYS!

DUDE TALK DINNERS

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 MONDAY OF EVERY MONTH AT 6:00 PM

QUESTIONS? EMAIL US AT INFO@ALLACCESSWELLNESS.ORG

THIS FREE COMMUNITY DINNER IS BROUGHT TO YOU BY:



A SMALL
DONATION
MAKES A
DIFFERENCE



FIREWOOD

South Park Community
Church has free firewood
to share with our
neighbors who find
themselves in need.

Call Steve (407-625-5607) or the
church office (719-836-2770).

www.soparkcc.org

Recreation Center News

South Park Recreation Center offers a variety of senior programs designed to keep older adults active, healthy, and connected. From energizing Silver Sneakers fitness classes to refreshing aqua aerobics in the pool, our programs focus on improving strength, balance, flexibility, and overall wellness in a supportive, welcoming environment. Silver Sneakers is led by our knowledgeable instructor Tracy, who understands the needs of active older adults and provides options for all ability levels, making it easy and comfortable to get moving. Aqua aerobics is self-taught by community members; hop in the pool to get moving with less stress on the joints while meeting new friends!

We proudly support both Silver Sneakers and Renew Active insurance-based memberships, helping make fitness more accessible and affordable for our senior community. Regular exercise not only supports heart health, mobility, and independence – it also plays a key role in boosting mood and mental well-being. Just as important, the rec center is a place to build friendships, share laughs, and stay socially engaged.

At South Park Recreation Center, staying active means being part of a community that helps you feel your best, inside and out.

Some of My Favorite Movies for “Spring” Watching

Eat, Pray, Love – Starring Julia Roberts is based on the 2006 memoir of the same name. Eat, Pray, Love centers around a woman who goes through a painful divorce and decides to uproot her entire life and take off on a year-long quest to rediscover herself. She travels across Italy, India, and Bali, turning each destination into a tool for finally pursuing happiness.

Big Fish – One of my favorites, is criminally overlooked, is a story about love and family. It follows Edward Bloom, a man whose penchant for exaggeration turns his words into myth. When he passes away, his estranged son, Will, decides to explore his father’s tall tales and tries to separate fact from fiction.

A League of their Own – Another exciting aspect of spring is baseball. Set during World War II, it tells the story of a group of women who grab the opportunity to fulfill their dreams of going pro by forming the All-American Girls Professional Baseball League. At the heart of the film is the sibling rivalry between Dottie Hinson, a gifted pitcher, and her ambitious younger sister, Kit.

Field of Dreams – “If you build it, he will come.” The movie revolves around Ray Kinsella, a humble Iowa farmer who hears a voice that commands him to build a baseball diamond in the middle of his cornfield. Despite believing it to be irrational, Ray takes a leap of faith, and it pays off as the ghosts of former baseball legends come to play on the field.

Ferris Bueller’s Day Off – No springtime movie list is complete without this classic comedy about youthful rebellion and one perfect day of skipping school. Ferris Bueller, a high school student, plans the ultimate escape from the ordinary with his best friend, Cameron, and girlfriend, Sloane. They do everything, from crashing a parade to borrowing (yes, “borrowing”) a Ferrari while cruising along wide roads and open skies in Chicago.

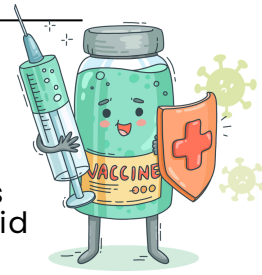
NOTE - If you do not have these movies or cannot stream them, you can most likely get them from the library.



Why Seniors Should Get the Shingles Vaccine

As we get older, our bodies have a harder time fighting infections. Shingles can cause severe pain, rashes, and nerve damage that can last for months or even years. It can also affect the eyes and lead to vision problems. The shingles vaccine helps prevent shingles or makes it much milder if you do get it. Getting vaccinated can help seniors avoid unnecessary pain and stay healthy and active.

Park County Public Health has Shingles vaccine available call 719-836-4174 to make an appointment.



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.



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.