

The Senior Connection

BI-MONTHLY NEWSLETTER

July/August 2026



PARK COUNTY
— SENIOR COALITION —

THANK YOU!

Thanks to everyone who has donated and supported us during this time of need. We deeply appreciate your continued help as budget cuts are expected to continue.

Without your support, some of our critical services could still face interruption. Please consider giving today—every hour matters, and every dollar has an immediate impact. Your action now helps protect our seniors.

To make a donation, simply scan the QR code and visit the donor section of our website, or go directly to: <https://parkcoseniors.org/donate/>

If you can, please share this message so we can reach those who may be able to help quickly.

Thank you for standing with our seniors and our community.



Hot Fun In The Summertime



Well, it is summertime and the living is easy and busy. Lots of things happening here in Park County.



July and August are filled with activities that offer wonderful opportunities for older adults to get out, stay connected, and enjoy the beauty of our mountain communities.

Fairplay's Independence Day Celebration starts the season with music, good food, and a relaxed small-town atmosphere perfect for gathering with friends and family.

Soon after, the Park County Fair brings classic summer fun—rodeo events, 4-H showcases, shaded seating areas, and plenty of places to stroll, visit, and enjoy the afternoon.

Throughout the summer, the concerts at the Fairplay Beach provide a comfortable setting to listen to live music while taking in the cool evening air.

The iconic Burro Days celebration fills downtown with parades, local vendors, and a festive spirit that many of our longtime residents look forward to every year.

Farmers markets offer fresh Colorado produce and handcrafted goods, while gentle nature walks, scenic drives, picnics, craft fairs, and historical tours make it easy for seniors to enjoy the season at their own pace.

Park County truly comes alive this time of year, offering activities that welcome all ages and abilities.



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



Health and Wellness

Hantavirus has been in the news lately, so it's a good time for a quick reminder about staying safe here in Colorado.

Our state has seen more than 120 cases of Hantavirus Pulmonary Syndrome (HPS) since 1993, and it is most often spread through droppings and urine from infected deer mice—especially when cleaning garages, sheds, cabins, or other closed-up spaces.

To protect yourself:

- Wear gloves and a mask when cleaning.
- Air out closed spaces for 30 minutes before entering.
- Never sweep or vacuum droppings—use disinfectant with a mop or sponge instead.
- Remove any food sources that might attract rodents.

The human-to-human transmission seen in South America does not involve the strain found in Colorado.

For more information and symptoms, visit:

<https://www.uchealth.org/today/take-precautions-with-hantavirus/>



Ticks!

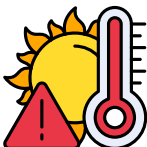
Tick information for seniors in Colorado
Seniors in Colorado should be particularly cautious during tick season, as they are at higher risk for tick-borne diseases due to their age and health conditions.
Here are some key points to consider:



- Tick Activity: Ticks are most active in spring and early summer, but they can be present year-round. Seniors should be vigilant during these peak months. ¹
 - Tick Borne Diseases: Colorado tick fever and tick-borne relapsing fever are the most common tick-borne diseases in the state. These diseases can cause symptoms similar to the flu, including body aches, fever, and chills.
 - Prevention Tips: Seniors should wear long sleeves, long pants, and use tick repellents containing DEET or permethrin. They should also perform thorough tick checks after outdoor activities and remove ticks promptly. ¹
- Health Monitoring: Seniors should be aware of the symptoms of tick-borne diseases and seek medical attention if they suspect a tick bite.
- By following these guidelines, seniors can significantly reduce their risk of tick-borne diseases and enjoy the Colorado outdoors safely.



It Is Hot Out There



Remember to take extra care during July and August as high temperatures increase the risk of heat-related illnesses.

Stay hydrated, limit outdoor activity, and use air conditioning when possible.

Colorado's high elevation also raises UV exposure, so wear sunscreen and protect your skin and eyes.

Watch for symptoms like dizziness, confusion, weakness, flushed skin, or heavy sweating, and seek medical help if they worsen. Staying connected with community resources can also support senior health during the summer.

By taking these precautions, seniors can stay safe and healthy throughout Colorado's hottest months.



Welcoming a New Fiscal Year and New Opportunities

As we begin our new funding year on July 1, 2026, I would like to take a moment to thank everyone who has supported the Park County Senior Coalition throughout the past year.

Our seniors, volunteers, community partners, donors, and staff continue to make it possible for us to serve older adults across all of Park County.

The start of a new funding cycle brings renewed opportunities as we continue our mission of helping seniors remain independent, safe, and comfortable in their own homes for as long as possible. While funding challenges continue to impact senior services across Colorado, we are grateful for the resources that allow us to provide meal programs, transportation assistance, homemaker services, information and referrals, and other vital programs that support our community.

As a small organization serving a large rural county, we understand the importance of every dollar entrusted to us. We remain committed to using our funding wisely and ensuring that services reach those who need them most. We will continue working with our funding partners, local organizations, and community supporters to strengthen and expand services whenever possible.

Over the coming year, we look forward to continuing our meal program, providing shelf-stable and frozen meal options, supporting caregivers, and exploring new opportunities to address the growing needs of seniors throughout Park County.

Thank you for your continued trust and support. Together, we are making a difference in the lives of hundreds of seniors each year. We encourage you to stay connected, participate in our programs and events, and let us know how we can better serve you.

Wishing everyone a safe, healthy, and enjoyable summer.

Penny
Executive Director
Park County Senior Coalition



Featured Recipe :

Raw Corn Salad
<https://www.allrecipes.com/>

This raw corn salad is perfect in the summertime. The recipe is quick and wholesome, and no cooking is required! It uses fresh, raw, sweet corn on the cob, tomato, cucumber, and avocado, but it's easy to tailor to your taste..

Ingredients

- 2 ears corn, kernels cut from the cob
- 1 pint cherry tomatoes, halved
- 1 cucumber, halved lengthwise and sliced
- 1 small sweet onion, finely chopped
- 1 avocado, diced
- ¼ bunch fresh cilantro, chopped, or to taste
- 1 green onion, green parts only, thinly sliced
- 1 drizzle extra-virgin olive oil
- 1 lime, juiced
- salt and ground black pepper to taste

Directions

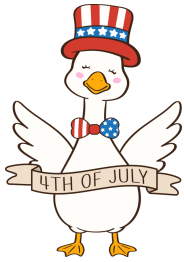
- Mix together corn kernels, tomatoes, cucumber, onion, avocado, cilantro, and green onion in a large serving bowl.
- Drizzle with olive oil and lime juice. Season with salt and pepper.



TGIFairplay!

Events 2026

UPCOMING
EVENTS



June 5-7 Town Clean-Up for Town of Fairplay residents and businesses

June 6 Huck Finn Day at the Fairplay Beach, Free Fishing in Colorado Weekend, 9am-12pm

June 26 Free Concert on 5th Street, w/ *A Brother's Fountain, a genre all its own, Campfire Folk*

June 27 2nd Annual Ice Cream Social Fundraiser - Come join Park County Animal Control for a day full of fun, food, ice cream!

July 3 Songwriters at Sunset on the Fairplay Beach w/ Grayson Capps, Dean Misantoni & Friends - FREE to Public, 7pm

July 4 Fairplay's Independence Day Celebration - Burro Buster 5k, Parade, Food, Kids' Activities, Strut Your Mutt, Fireworks & Free Concert w/ *Boogie Machine, 70s Disco Tribute Band*

July 10-11 Silverheels Trail Runs, Human Potential Running Series

July 10-18 Park County Fair - Vendors, Carnival, Animals, 4-H Project Shows & Rodeo

July 23-26 Fairplay Gem, Mineral & Jewelry Show at the River Park Event Site

July 24 Free Concert on 5th Street w/ *Hazel Miller & the Collective, Colorado Music Hall of Fame Artist*

July 25 Free Concert on 5th Street w/ *Little Moses Jones, 90s & 2000s R&B and Hip-Hop - Reimagined Live*

July 24-26 77th Burro Days Celebration - Burro, Dog, Llama & Outhouse Races, Parade, Cowboy Church, Rides, Live Music, Vendors & Burro Race Museum

Aug 1 Sheep Mountain Trail Runs, Human Potential Running Series

Aug 4 National Night Out, a fun event with FREE food & kids' activities, improving relationships between neighbors and law enforcement

Aug 8-9 Living History Days at the South Park City Museum

Aug 28 Free Concert on 5th Street w/ *Chris Daniels & the Kings with Freddi Gowdy, celebrating 42 years!*

Sept 19 3rd Annual Fairplay Fall Festival - Pumpkin Patch, Food, Libations, Live Music, Vendor Market, Family Games & Activities

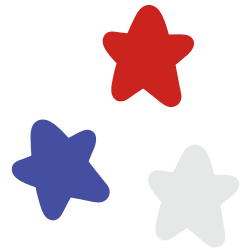
Oct 10 Open House at NWFPD Station 2, Celebrate Fire Prevention Week with your local Firefighters 11-2pm

Oct 31 Halloween Spooktacular Hosted by Boys & Girls Clubs of the High Rockies

Oct 31 Haunted Halloween Museum at South Park City Museum

Dec 5 A Real Colorado Christmas & Festival of Trees, Holiday Bazaar

For More Event Info: 719-839-6119
visitfairplay.net



More Favorite Movies for This Time of Year

- **The Magnificent Seven (1960)** – A classic Western with Steve McQueen and Yul Brynner, still gripping today...one of the best westerns ever.
- **Green Book (2018)** – A powerful true story about friendship, respect, and overcoming prejudice
- **Knives Out (2019)** – A stylish, star-studded whodunit with twists and charm.
- **The King's Speech (2010)** – Inspiring true story of King George VI overcoming his stammer
- **The Pink Panther (1963)** – A lighthearted detective comedy, classic Peter Sellers. One of my favorites, I can hear the theme song now.

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

Also - If you have any recommendations please let me know and I will put them in the next newsletter.



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!



ACROSS

4. American President who was born on July 4th, Calvin ____.
6. Founding Father and third President of the United States.
7. Public procession that might occur on July Fourth.
9. Red, white and ____.
10. City in which the Declaration of Independence was signed.
11. Nickname for the American flag, stars and ____.
15. Open air meal popular on July Fourth.
16. Symbol of freedom located in the New York City Harbor: Statue of ____.
17. Number of original colonies that declared independence.
19. Fight for American independence: The ____ War.
20. Famous signer of the Declaration of Independence: John ____.

DOWN

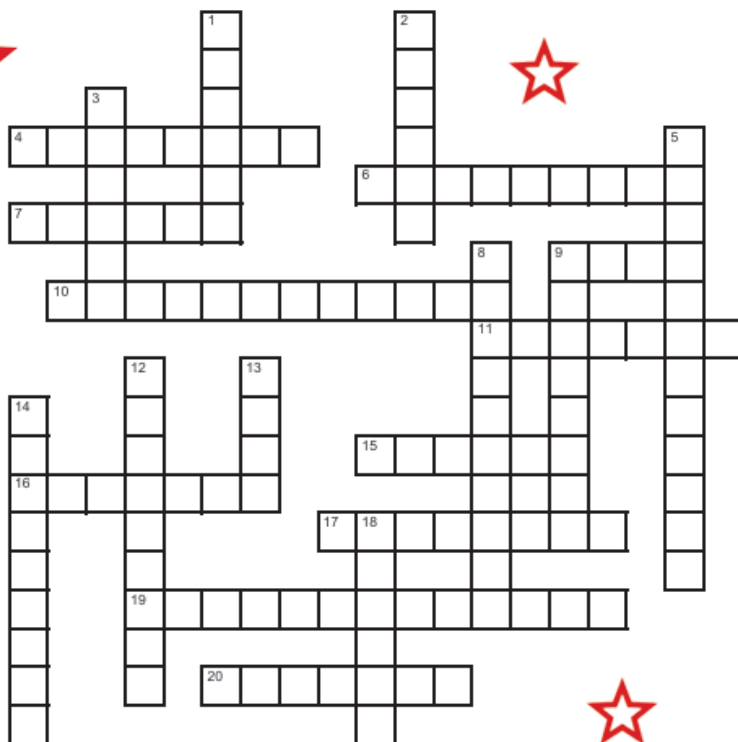
1. Patriotic song often sung on Independence Day: Yankee ____.
2. National anthem of the United States: The Star-Spangled ____.
3. The day of the month on which America declared its independence.
5. Founding document of the United States: The Declaration of ____.
8. First President of the United States.
9. Cooking outdoors on a grill.
12. Light show often seen on the 4th of July.
13. Month in 1776 when the Declaration of Independence was signed

14. National bird of the United States.

18. Commonly consumed food on July 4th.

Bald Eagle	Jefferson
Banner	July
Barbecue	Liberty
Blue	Parade
Coolidge	Philadelphia
Doodle	Picnic
Fireworks	Revolutionary
Fourth	Stripes
Hancock	Thirteen
Hot Dog	Washington
Independence	

Crossword Challenge



Coming to Fairplay July 21st, 22nd & 23rd

*Anyone with Medicaid & 20 or younger will get eye exam and glasses at no charge.

*Other insurances are accepted - Medicare and private insurances like VSP.

*For anyone who is uninsured it is \$79 for the exam. Glasses are an additional cost.

Call Rocky Mountain Rural Health
with any questions and to schedule your appointment.

719-836-2169

Mountain Resource Center Our Services

Food Access
Access free food at our onsite and mobile Food Share Markets once a week.

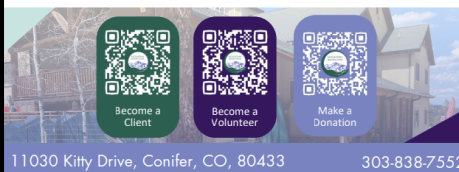
Case Management
Get help with rent/mortgage payments and utility bills, plus help with accomplishing goals and objectives.

Job Training
We can assist with your résumé, job search, and interview prep, or you can apply for our Job Training Program to learn work skills.

Preschool
Our preschool program fosters creativity, curiosity, and social-emotional growth in a nurturing environment.

Health and Wellness
We offer onsite mental health appointments, a women's group, and wellness and cooking classes.

Veteran Support
Get help with employment, case management, and emergency financial aid.



11030 Kitty Drive, Conifer, CO, 80433

303-838-7552

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:



ALL ACCESS WELLNESS



2 DADS
EATERY & TAPROOM



PCSC Out In The Community

The Lake George Fire Protection District held its Open House on Saturday, May 31. We were there sharing information about the Coalition, meeting local residents and fellow vendors. It was a great time for everyone. If you attended, thank you for joining us. If not, we hope to see you next year!



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- Thursday: 8AM-3PM
- Fairplay Office Hours: Monday-Thursday : 8AM-3PM

Programs are made possible through Federal and State funded grants, donations and fundraisers.

Special Thanks to all of our donors.

Please scan
this code to
visit our
website!



Thank you for reading.