



May/June 2026

# The Senior Connection

BI-MONTHLY NEWSLETTER



PARK COUNTY  
— SENIOR COALITION —



## Emergency Appeal



Seniors in our community need help right now.

Demand for services is rising faster than our resources — especially now, as budget cuts and reduced donations have significantly strained our capacity to keep up. Without immediate donations, some critical services will be interrupted.

Please give today—every hour matters, and every dollar has an immediate impact. And if you can, share this message so we can reach help quickly.



Thank you for acting now to protect our seniors. 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/>.



## April Brunch Recap: CPR and Wound Care

The April Brunch was wonderful, as always. South Park Paramedics joined us and delivered an excellent presentation on CPR and wound care. Below is a summary of key points, along with recommendations for what to include in your First Aid Kit.

### **Bleeding Control Basics**

- If the bleeding looks serious or you think you may need emergency assistance, call 911 immediately.
- Apply direct pressure to stop the bleeding. If the wound is deep and the bleeding does not stop, pack the wound.
- If the blood is squirting or will not stop with other methods, apply a tourniquet.
- With all forms of bleeding control except tourniquets, ensure there is good circulation at the end of the bandaged extremity.

### **Recommended Items for Your First Aid Kit**

- Gauze pads in multiple sizes
- Non-stick gauze pads such as Xeroform Gauze
- Rolled gauze
- Elastic wrap, such as an Ace Wrap

These items are essential for basic bleeding control.

Note: Before purchasing blood-clot-forming gauze such as QuickClot, check with your doctor. These products work differently for individuals on blood thinners and may interact with certain medications.



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



## Health and Wellness



### A New Pharmacy Is On Its Way

You may have missed it but there was a "ground breaking" ceremony for the new pharmacy that is coming to Fairplay.

This is a project of the South Park Health Service District, a district organized and funded by the people of South Park to make more health services available locally, rather than having to travel for basic medical services.

The new pharmacy will be located at 715 Main Street and is expected to be completed in 2017.

Radon is a radioactive gas that occurs naturally in soil. It enters homes from the soil through cracks in concrete floors, walls, and floor drains.

Testing is the only way to know your home is safe. You cannot see, smell, or taste radon gas.

An infographic from the EPA titled "Do you know why it's important to test your home for radon?". It features three icons: a house, lungs, and a cigarette. Below each icon is a statistic: "1 in 15 homes tests high for radon levels", "Radon is the 2nd leading cause of lung cancer, causing 21,000 lung cancer deaths per year", and "Among non-smokers, radon is the #1 cause of lung cancer". The EPA logo is in the top right corner, and the website "www.epa.gov/radon" is at the bottom.

Scan the QR code to get a FREE radon test for your home.



[states.aelabs.com/#/co-park](http://states.aelabs.com/#/co-park)





## 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.

## Memorial Day Word Search



AMERICAN  
ANTHEM  
CEMETERY  
CEREMONY  
COMMEMORATE  
DECORATION  
FALLEN  
FLAGS  
FLOWERS  
FREEDOM  
GRAVE



|            |             |
|------------|-------------|
| HALF MAST  | REMEMBRANCE |
| HEROES     | SACRIFICE   |
| HOLIDAY    | SALUTE      |
| HONOR      | SERVICE     |
| MAY        | SOLDIERS    |
| MEMORIAL   | TAPS        |
| OBSERVANCE | VETERANS    |
| PATRIOTIC  | WAR         |

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## 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

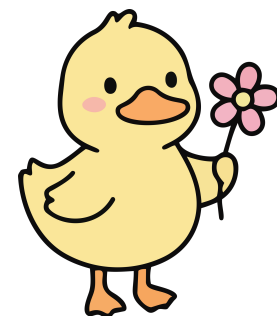
Our **preschool program** fosters creativity, curiosity, and social-emotional growth in a nurturing environment.

### 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**.



## Director's Corner – May–June

As we move into the spring and summer months, I want to thank you for your continued support. Your involvement keeps our programs strong and meaningful.

This season, we are facing a growing challenge. Demand for essential services continues to rise, while recent budget cuts and reduced donations have put real strain on our resources. We remain committed to serving every senior who depends on us, but we need the community's help to keep pace.

If you are able, please consider making a donation or sharing our mission with others. Every contribution—big or small—makes an immediate impact.

Thank you for standing with us and helping ensure no senior is left without the care they need.

Warm regards,  
Penny Everest



## Featured Recipe :

### Stuffed Peppers with Turkey and Vegetables

<https://www.allrecipes.com/>

These stuffed peppers with ground turkey are a great alternative to the beef and rice stuffed peppers.

### Ingredients

- 4 green bell peppers, tops removed, seeded
- 1 pound ground turkey
- 2 tablespoons olive oil
- ½ onion, chopped
- 1 cup sliced mushrooms
- 1 zucchini, chopped
- ½ red bell pepper, chopped
- ½ yellow bell pepper, chopped
- 1 cup fresh spinach
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 tablespoon tomato paste
- Italian seasoning to taste
- garlic powder to taste
- salt and pepper to taste

### Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Gather all ingredients.
- Wrap green bell peppers in aluminum foil, and place in a baking dish.
- Bake for 15 minutes in the preheated oven. Remove from the oven.
- Cook turkey in a skillet over medium heat until evenly brown. Set aside.
- Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender.
- Return turkey to the skillet.
- Mix in tomatoes and tomato paste, and season with Italian seasoning, garlic powder, salt, and pepper.
- Stuff the green peppers with the skillet mixture.
- Return peppers to the oven, and continue cooking for 15 minutes.
- Serve hot and enjoy!



yum!



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](mailto:INFO@ALLACCESSWELLNESS.ORG)

THIS FREE COMMUNITY DINNER IS BROUGHT TO YOU BY:



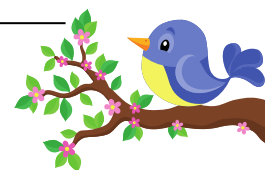
Yes it is that time of year again!  
Tick season and they can cause illness.  
Prevention tips:  
Apply Permethrin to clothing (not to skin)  
or use EPA registered repellents.  
Wear light colored clothing, tuck pants  
into boots or socks

For more questions and where to send in  
ticks contact Public Health at 719-836-4154.



**A SMALL  
DONATION  
MAKES A  
DIFFERENCE**





# TGIFairplay!

## Events 2026

**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



UPCOMING  
EVENTS

UPCOMING  
EVENTS

## More Favorite Movies for This Time of Year

- **'Jaws' (1975)** - The surf, sand, and beach umbrellas truly capture the essence of summer. What could go wrong?
- **'Jurassic Park' (1993)** - Dinosaurs. What else do you need.
- **'National Lampoon's Vacation' (1983)** - Is it even officially summer if you have not yet busted out National Lampoon's Vacation?
- **'Something's Gotta Give' (2003)** - Diane Keaton and Jack Nicholson star the beloved rom-com Something's Gotta Give.
- **'Summer Rental' (1985)** - All John Candy's character Jack Chester wants is a little R&R at the beach with his family. If his best-laid vacation plans would quickly be thwarted by meddling beach-goers, an injured leg, and a despicable landlord.
- **'The Sisterhood of the Traveling Pants' (2005)** - For the first time in forever, four best friends are going their separate ways for the summer. Based on Ann Brashares's novel of the same name, the movie explores friendship, strong female characters, and lost summer magic.

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





## Vaccines and children's car seats, what do they have in common?

Your friendly Park County Public Health office!



They are able to provide vaccines for shingles, measles, etc.  
For those of you that play a key role in transporting children, it is important to ensure you are confident, comfortable, and able to install and adjust seats correctly to maintain safety. They can also help you with this.  
If you have any questions on either of these please contact them at 719-838-1205.



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](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- 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.*

