

# THE SENIOR CONNECTION



September/October 2016 Issue

P.O. Box 309  
Fairplay, CO 80440-0309

www.parkcoseniors.org

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## NEXT COALITION MEETINGS

September 14<sup>th</sup>  
at 9:30am  
Fairplay Town Hall  
\*

October 13<sup>th</sup>  
at 9:30am  
Fairplay Town Hall



September is  
National  
Preparedness  
Month  
\*  
October is  
National Breast  
Cancer Awareness  
Month



## National Preparedness Month: What You Can Do

If an emergency occurred tomorrow, would you be ready?

September is National Preparedness Month. Sponsored by FEMA, National Preparedness Month aims to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.

National Preparedness Month is a time to prepare yourself and those in your care for emergencies and disasters, both large scale and smaller local events. We know that emergencies can happen unexpectedly in communities just like yours, to people like you. We've seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages that impact communities for days at a time.

As they may be in their profession of assisting those in need, police, fire and rescue may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care for at least a short period of time following an incident; the more people who are prepared, the quicker the community will recover.

You are not helpless in the face of an emergency. With just a few simple steps, you can **Be a Force of Nature** by knowing your risk, taking action and being an example in your community.

### Know your risk

Emergencies can happen anywhere, at any time. It is important to understand potential risks where you live.

What you can do:

1. Bookmark [weather.gov](http://weather.gov) to stay informed on severe weather.
2. Learn about Wireless Emergency Alerts, messages that will be sent to your phone during an emergency.
3. Get practical tips on preparing for disaster at [ready.gov](http://ready.gov).

### Take action

Make sure that you and your family are prepared for an emergency. Ensure that you can go for at least three days without electricity, water service, access to a supermarket, or other local services.

What you can do:

1. Prepare a disaster supply kit with at least three days of food and water.
2. Create a Family Emergency Plan, so that your family knows how to communicate during an emergency.
3. Obtain a NOAA Weather Radio.

<http://nws.noaa.gov/com/weatherreadynation/prep.html>

## Old Jokes for Old Folks

\* You know you're getting old when you begin to wish rocking chairs were battery operated.

\*The irony of aging: Just when you start to get it together mentally, your body starts to fall apart.

\*Joseph joined a new fraternity for senior citizens with high cholesterol. It's called Omega-3 Omega-3 Omega-3.

### BROWNIELOCKS

AND THE 3 BEARS  
© 2006

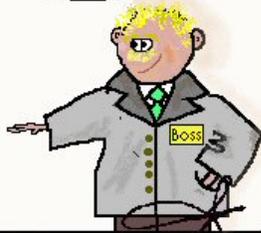
By *Archie*  
brownielocks.com

Job worries kill most of us! That's why I'm offering you \$10,000 for each worry of mine you put on your shoulders and to make it yours, not mine.



Wow! That's a lot. Where is the money coming from?

And, that shall be your first worry, son.



### Volunteer Drivers and Assistants Needed

Volunteering once a month can help expand the service in your area. (Mileage reimbursement paid.)

#### Volunteers Needed for:

Medical Trip Drivers

Meal Delivery Help

Homemaking

Handyman

Newsletter addressing and mailing

Website development

Fundraisers

Short articles for the Newsletter or website

**Call for details**

**719.836.4295**

### The First Labor Day Celebration

Ironically, Labor Day is supposed to be the first Monday in September, right? And, yet the very first Labor Day was celebrated on a Tuesday!

September 5, 1882 in New York City (by the Central Labor Union) is considered the first Labor Day observance. They also held one the following year on September 5, 1883.

Then, in 1884, they decided to make it the first Monday in September. The Central Labor Union urged all the other unions to do the same as a "workingmen's holiday." As labor unions spread, so did the celebration of Labor Day. By 1885, Labor Day was celebrated in many industrial towns in the United States. Samuel Gompers, head of the American Federation of Labor in 1898 said Labor Day was "the day for which the toilers in past centuries looked forward, when their rights and their wrongs were to be discussed...that the workers of our day may not only lay down their tools of labor for a holiday, but upon which they may touch shoulders in marching phalanx and feel the stronger for it. Labor Day has been around for over 100 years. It is celebrated on the first Monday in September. For many years, Labor Day was the fashion moment when you no longer were allowed to wear white (until Spring) without being judged as a fashion bozo. (BTW, the rule of not wearing white after Labor Day no longer exists.)

Unlike a lot of holidays, Labor Day is not based on any old folklore custom, any one person (alive or dead), any religion, race or brought over to America by immigrants from another country. Labor Day is a holiday set aside to honor all workers. Therefore, it really has no specific symbol or colors associated with it.

<http://www.brownielocks.com/laborday.html>

**CONTACT THE COALITION OFFICE FOR EXACT TIMES  
AND PICK-UP LOCATIONS!**

**CALL 719-836-4295**

**Guffey**

Driver available for medical and food bank transportation. To schedule please call 719-836-4295

**TRIP  
SCHEDULES**



Programs are made possible through

Federal and state funded grants, donations and fundraisers. Special thanks to Pikes Pike Area Agency on Aging (PPAAA) for governing our Older American, Older Coloradoan, and Title IIIB grants. This program allows continuity in our programs and services.

Thanks also to those who donate their time, funds, and services to help the Park County Senior Coalition remain a strong presence in our communities. We received our non-profit 501c3 status in 1984.



While the federal and state funding described above assures transportation services continue, your additional contributions can help us expand these services. Your coordinator or driver on the trip will gladly accept any donations

**CALL NOW TO  
RESERVE YOUR  
SEAT 719-836-4295**

**Platte Canyon**

**September**

**6<sup>th</sup> Tuesday** ~ Shopping in Conifer and lunch  
**9<sup>th</sup> Friday** ~ Silverset luncheon  
**13<sup>th</sup> Tuesday** ~ Black Hawk  
**15<sup>th</sup> Thursday** ~ Shopping in Conifer and lunch  
**20<sup>th</sup> Tuesday** ~ Wal-Mart Shopping and lunch  
**22<sup>nd</sup> Thursday** ~ George Town Train (Cost \$25.95 + lunch)  
**27<sup>th</sup> Tuesday** ~ Shopping in Conifer and lunch  
**29<sup>th</sup> Thursday** ~ Find out about services available in your area. Area Agency on Aging Monthly Advisory Council Meeting.

**October**

**4<sup>th</sup> Tuesday** ~ Salvation Army Luncheon  
**6<sup>th</sup> Thursday** ~ Shopping in Conifer and lunch  
**11<sup>th</sup> Tuesday** ~ Movie at AMC Bowles Crossing 12 (Cost \$6.99 + lunch)  
**14<sup>th</sup> Friday** ~ Silverset luncheon  
**18<sup>th</sup> Tuesday** ~ Shopping in Conifer and lunch  
**25<sup>th</sup> Tuesday** ~ Wal-Mart Shopping and lunch  
**27<sup>th</sup> Thursday** ~ Shopping in Conifer and lunch

**South Park & Hartsel**

**September**

**6<sup>th</sup> Tuesday** ~ Cripple Creek with Bronco Billy's .49 breakfast  
**20<sup>th</sup> Tuesday** ~ Salida Shops  
**29<sup>th</sup> Thursday** ~ Find out about services available in your area. Area Agency on Aging Monthly Advisory Council Meeting.

**October**

**6<sup>th</sup> Thursday** ~ George Town Train (Cost \$25.95 + lunch)  
**25<sup>th</sup> Tuesday** ~ Cripple Creek with Bronco Billy's .49 breakfast

**Call for pick up location and times**

RSVP requested  
48 hours prior to trip

\*

Trips are subject to cancellation due to weather conditions and driver availability.

\*

Suggested donations for seniors 60+ is \$5 per one way trip.

\*

Non-senior guest 18 or over are welcome for a fee. RT fee is \$20.40 with RSVP and \$27.00 without RSVP

**Lake George**

**September**

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**October**

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### SEPTEMBER CALENDAR

**3<sup>rd</sup> ~Guffey** ~~ People's Choice Car, truck and Motorcycle Show, call Rolling thunder Cloud Café for more information, 719-689-3090

**3<sup>rd</sup> ~ Jefferson** – Pancake breakfast 7-11am, Jefferson community Center. All you can eat. Proceeds go to maintaining historic Jefferson Buildings. 719-836-0173

**4<sup>th</sup> ~ Shawnee** – VFW Post 8661 Legendary Country Breakfast, \$8 adults \$5 children under 5. Shawnee Community Center 7:30am-11:30am.

**17<sup>th</sup> ~Alma** – Moon walk in Buckskin Joe Cemetery. 7:00pm, Visit the graves (and maybe the spirits) of the residents of a century-and –a-half-old. After the walk enjoy home-made cookies, cider and hot chocolate. \$5 suggested donation. See MRHI.org

### OCTOBER CALENDAR

**1<sup>st</sup> ~Alma-** Annual Alma Town Clean Up, Cemetery Clean Up 719-836-2712

**15<sup>th</sup> ~Como-** Bingo: Dinner at 6pm and Bingo at 7pm at the Como Civic Center on the 3rd Saturdays from June through October: Bingo \$10 for 10 games. Soft drinks and bottled water 50 cents. Dinner \$5 main course provided, sides and dessert are potluck. FUN for all ages! Volunteers are always welcomed to help setup and cleanup, cook the main course, serve dinner, or man the chalkboard. Contact Sandra Duran at 303-807-4273 or at [sandradoran@aol.com](mailto:sandradoran@aol.com)

**31<sup>st</sup> ~Fairplay-** Annual Halloween Spooktacular and Haunted House at the American Legion Hut in Fairplay. <http://fairplayco.us/> 719-836-2622

### ON-GOING EVENTS

**Monday** ~ Senior Aqua Aerobics at 9:30 am, South Park Rec. Center 836-0747.

**Tues.**~ Silverheels Stickers meet at 9:30am-2pm at the South Park Christian Chapel, 9<sup>th</sup> & Castello, Fairplay, 836-1472.

**Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday.**~ Alma Pre Bingo Potluck, 6pm. Bingo at 7pm \$10 for 10 games

**Every Monday following the 2<sup>nd</sup> Friday.**~ Food Bank, 7<sup>th</sup> Day Adventist Church, 801 Castello Ave, Fairplay, 9am to noon

**Every 2<sup>nd</sup> Sat.** ~ Food Bank @ 530 Front St., Fairplay, 10am-Noon..

**Every 1<sup>st</sup> Sun**~ VFW Post 8661 Legendary Country Breakfast, Shawnee Community Center 7:30am-11:30am.

**Every 3<sup>rd</sup> Sun.** ~ All-You-Can-Eat Breakfast \$10, 8am-Noon @ American Legion in Fairplay.