

# THE SENIOR CONNECTION

July/August 2021 Issue

P.O. Box 309  
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www.parkcoseniors.org

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## NEXT PCSC BOARD MEETINGS

July 20<sup>th</sup> at 9:30am  
Bailey Community  
Center

August 17<sup>th</sup> at 9:30am  
Guffey Fire Station

RSVP at 719-836-4295

July is Healthy  
Vision Month and  
August is  
Sun Safety  
Month

## Upcoming trips

### Florissant Fossil Beds Field Trip

July 21<sup>st</sup> 11am  
Bring a sack lunch

Please RSVP to our  
Program Coordinator  
at 719-836-4157

## Park County Senior Coalition Programs

In the mountains...  
Summer is the time for Winter chores!

Services we can provide financial assistance with:

- **Firewood delivery & stacking**
- **Chimney sweeping**
- **Handrail and ramp installation**
- **Fire mitigation on your property**

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.

## Eye Health and Sun Health Tips

- Wear sunscreen protection with an SPF of at least 30
- Sunglasses that have UVA and UVB protection should be worn at all times when outdoors
- Get your eyes checked regularly (Every 6 months to a year)
- Limit sun exposure during the hours of 10:00am to 2:00pm when the sun rays are the strongest
- Wear a brimmed hat when outdoors (baseball hats are not adequate)
- Sunshine between the hours of 7:00am and 9:00am generate the most Vitamin D
- As little as 10 to 15 minutes in the direct sun a few days a week can give us most of the Vitamin D our bodies need to develop a healthy immune system, bones and muscles, while protecting us from cognitive decline
- Our ability to turn sunlight into Vitamin D declines as we age
- Sunshine after 10:00am mostly generates harmful sun exposure
- Beware of medications that increase your sensitivity to the sun

Health tips provided by <https://www.aaao.org/eye-health/tips-prevention/sun>

## **Senior Spotlight**

This senior interview was from 89-year-young, **Patsy Jepsen**, soon to be 90, who lives in the Bailey area:

### **Why do you like living in the mountains?**

Patsy stated that she loves the peace and quiet, and to live in such beautiful surroundings. She also loves the vegetables they can grow, as well as, all their chickens.

### **Did you move here from somewhere else?**

Patsy and her husband, Richard, moved to Bailey from Tulsa, Oklahoma permanently in 1977. They lived here in 1966, but went back to Oklahoma for a while before returning to Colorado.

### **What in your life are you most proud of?**

Patsy is most proud of her husband, family, and children. They have a loving, harmonious relationship and she feels blessed.

### **What are your hobbies?**

Music is Patsy's favorite hobby. She plays the piano and her first piano was an upright Spinnet, which she has given to her daughter for safe keeping. Patsy has an electronic piano at home, which she plays as often as she can. She has composed and copyrighted several musical pieces and has played the piano since 1952.

*Would you like to be featured here in an upcoming newsletter? Please call 719-836-4295.*

## **Park County Senior Coalition Volunteers Needed!**

Are you interested in making a difference in your community? The PCSC is looking for safe drivers. Mileage reimbursement is available.

Please call **719-836-4295** with interest!

## **Director's Corner**

Dear Seniors,

I would like to take a moment to introduce our team here at the Park County Senior Coalition. Pamela Ewing is our Assistant Executive Director. Pamela has lived in the community for 37 years and enjoys the beauty and wildlife of the area. Joyce Whittle is our Program Coordinator, she is an avid reader and puzzler. I'm Jennie Danner, Executive Director, and I enjoy hiking, high-altitude gardening, and my dog, Magnolia.

I am so excited to have a passionate and hardworking team. We are ready to serve and would love to meet you. Please feel free to give us a call or stop in and introduce yourself!

Kindly,  
*Jennie Danner*  
Executive Director

## Summer Recipe: Fruit Cobbler

### **FRUIT FILLING**

¼ cup maple syrup or honey

3 eggs

1 tablespoon fresh lemon juice

½ teaspoon cinnamon

1 ½ cups unbleached white flour

2 tablespoons cornstarch, dissolved in ¼ cup water or fruit juice

1 tablespoon of baking powder

### **BATTER**

½ cup melted butter

½ cup maple syrup or honey

½ cup milk

freshly whipped cream

Preheat oven to 350 degrees. Prepare the fruit. Wash whole berries; wash, pit and slice fresh fruits; drain the juice from canned or defrosted fruit and reserve it to mix with the cornstarch. Prepare the filling by mixing sliced fruit or whole berries with the maple syrup or honey, lemon juice, cinnamon, and cornstarch mixture. Set aside. To make the batter, add the maple syrup or honey to the melted butter. Beat in the eggs, milk, and vanilla. Add the dry ingredients and mix until just blended. Butter a 9 X 13-inch pan and pour in half the batter. Spoon in the fruit filling and then top with the remaining batter. Bake for 30 to 35 minutes or until the cake is golden brown and springy to the touch.

*Recipe from New Recipes from Moosewood Restaurant*

### **ACROSS**

2. place to walk

4. heat source

5. not junior

8. flower

9. eye protection

11. meal

12. not weak

### **DOWN**

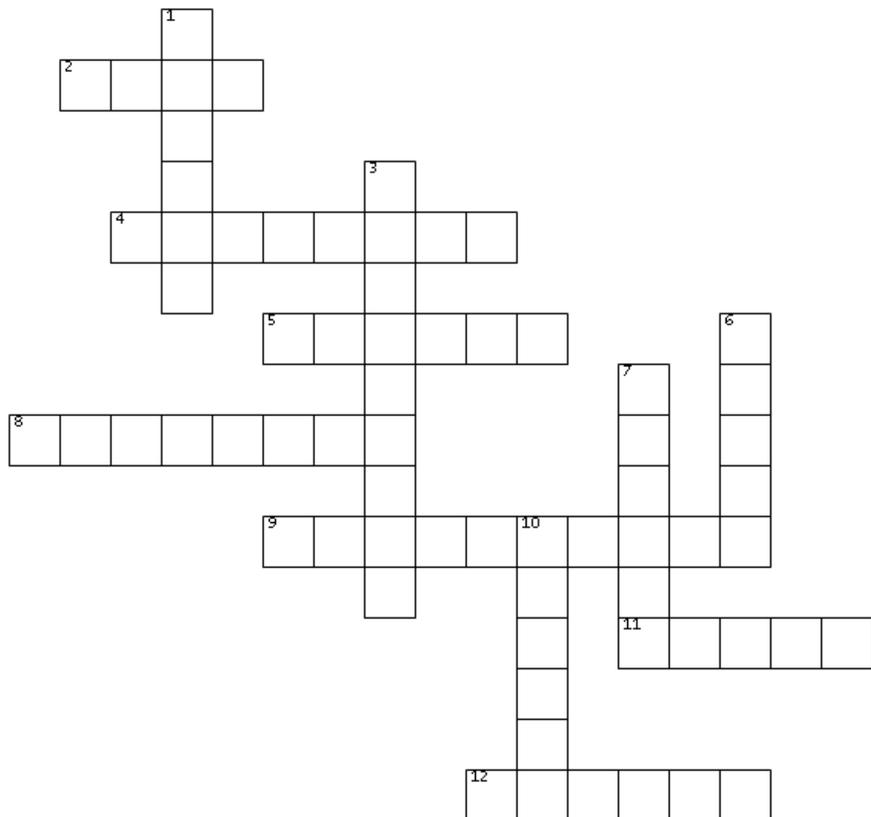
1. to make money

3. bigger than hills

6. peak fourteener

7. preserved remains

10. summer month



Do not grow old,  
No matter how  
Long you live.  
Never cease to stand  
Like curious children  
Before the Great Mystery  
Into which we are born.

--Albert Einstein

**JULY/AUGUST COMMUNITY  
EVENTS**

**July 13<sup>th</sup>-18<sup>th</sup>:** Park County Fair

**July 14<sup>th</sup>:** Barn Dance

**July 17<sup>th</sup>-18<sup>th</sup>:** 23<sup>rd</sup> Festival in the  
Clouds

**July 23<sup>rd</sup>-27<sup>th</sup>:** 72<sup>nd</sup> Burro Days

**August 14<sup>th</sup>-15<sup>th</sup>:** Living History  
Days

**August 21<sup>st</sup>:** Boreas Pass Railroad  
Day

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