

**AVHH matches Chaffee County seniors with volunteers to provide services that give that little extra help seniors sometimes need to maintain their independence.**

**SPRING FOOD BAG AND FLOWER DELIVERY**

On April 1st (no foolin'!) our members received a food bag containing a ham, a loaf of bread from Little Red Hen bakery, sausages, two types of cheese, tomatoes, fruit, and other goodies from Scanga Meats and Safeway.

We followed this up on May 1st with a delivery of May Day flowers and spritz cookies and then another food delivery on June 3 (Spring Food Bag pt. 2).

Thank you to all our stellar volunteers who made it happen and to Sara Ward for her wonderful organization and fabulous choices of items to include! Truly, we love our members! :)



**You know those delicious cookies that came with the Spring Food Bag and May Day Flower delivery? Here's the recipe!**

**SPRITZ COOKIES**

- 1 cup butter or margarine, softened
- 1/2 cup sugar
- 2 1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1 egg
- 1 teaspoon almond extract or vanilla

Heat oven to 400 degrees. Cream butter and sugar. Blend in the remaining ingredients. Fill cookie press with 1/4 dough at a time; form desired shapes on ungreased baking sheet. If desired, add a candy accent to the center of your "flowers."

Bake 6 to 9 minutes or until set, but not brown. Makes 5 dozen cookies.

If you don't have a cookie press, you can be creative and free-form these treats. And if you want, you can send AVHH a picture and we'll put it in the next newsletter!



Volunteer Denise Washer delivers flowers and cookies to Laura Crisman (left) & Helen Brieske.



**FROM OUR MEMBERS**

Just what I was wishing for this May Day—flowers, and an added bonus of the beautiful homemade flower cookies! :-)

Colleen & James Miller

Denise, Sara and all,  
Thank you so much for the plant & cookies! It was wonderful to receive such an unexpected gift. We really appreciate it. We hope all of you had a great May Day.

BJ & Ernie Lokey



**HELPING SENIORS THRIVE**

**BY THE NUMBERS—1st Quarter 2021**

**Members—84**

**Volunteers—109**

**Service Hours Provided—273**

**Number of Services Fulfilled—271**

**MEMBER SPOTLIGHT**

**Tricia Fox**



For Tricia, life has come full circle. Conceived in Colorado when her dad was in the Air Force, she was hauled (along with her pregnant mother, obviously) to Michigan, where she was born. Later, her first husband dragged her off from Michigan to central Texas. While there, Tricia operated a childcare center for many years and started in prison ministry.

Following her divorce, she spent 21 years in Oklahoma, where she went to college after attaining a GED (she'd previously only had an 8<sup>th</sup> grade education). Once she entered college, within eight years she had two bachelors degrees and one masters in mental health counseling, plus she became a state-licensed school teacher. After her second husband died in 2010, she came back to Colorado. As she says, "It took 60 years to get me back home!" She shares her Nathrop home with Mattee, her little white, fluffy Pomeranian.

"AVHH is wonderful! Because of scoliosis in my back, there's a lot I can't do. AVHH has put in new window screens, tacked down carpet, and weeded, which keeps me from getting in trouble with the HOA. And the food bags are such nice surprises! They make me feel special and not forgotten. It's like Christmas!"

**COVID UPDATE! GOOD NEWS!**

AVHH adheres to CC Public Health guidelines, so if both member and volunteer are fully vaccinated, you may share spaces without masks or social-distancing. If not, please continue to protect yourself and others with a mask and social-distancing. Yay! Visiting indoors again!

**OUR STAFF**

Although our staff work on behalf of the entire county, Sara Ward is the point person for the southern half, while Nancy Best is the point person for the northern half.

Call Sara at 719-530-1198 and Nancy at 719-395-9458.

**AVHH IS ABOUT PEOPLE**

Without our members, AVHH would just be a name. Some members use our services a lot, some don't. Some rely on us for particular things, while some simply like having the peace of mind of having us in their "back pocket." Some members appreciate the fact that we can offer their families some respite, and some become good friends with particular volunteers.

Thank you, members, for allowing us to share your lives and for sharing AVHH with others.

**VOLUNTEER SPOTLIGHT**

**Butch Butler**

Arthur "Butch" Butler and his wife Mo moved to BV from Westminster, Colorado, in October of 1994. Butch was a founding member of the Collegiate Peaks Forum Series (the only founder still on the board) and has served as its treasurer for many years. He's also a long-standing board member of the Walden Chamber Music Society, as well as the current vice president.



He got involved with AVHH out of a desire to help others, something that was ingrained in him in childhood by the example of his mother. He's become friends with several AVHH members through making care calls, even watching football games on TV pre-COVID with one of them. He shovels snow, too, as a Snow Buddy, an activity where his wife Mo lends a helping hand (no pun intended!).

Partially retired, Butch is still an active consultant as a geologist/geophysicist, but is "trying to slow down." We'll see how that goes!

He also enjoys three kids, eight grandchildren, hiking, camping, fishing, mountain biking, and skiing. "I'm still getting dinged up when I shouldn't be," he confesses. The Butlers share their lives with Sophie, their beautiful rescue dog, who's about 12 years old.

**CLEARVIEW BLESSES AVHH**

Earlier this year, ClearView Community Church in Buena Vista chose AVHH as one of their local causes for donation. In April we received their wonderful gift of \$1500!

**BOARD OF DIRECTORS**

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