

# High Country Connections

The Grand Seniors' monthly newsletter  
Editors: Katie Stuvel, Terry Sidell, Jordyn Crane

We'll get through this.  
Together.

## Grand Seniors COVID-19 Response

It's been quite a few weeks for all of us, as we try to process, understand and respond to the COVID-19 situation unfolding around us. There is so much information coming at us through the news and internet, and at the same time, many questions still to be answered. It's easy and normal to feel a wide range of emotions, from uncertainty and anxiety to hope, confusion, even anger. Experts recommend allowing ourselves to feel and acknowledge these emotions as they come, and journaling or calling a friend or family member to talk when needed. While we may need to practice caution for a while in being physically close, we're still in this together and will make it through- together.

In the meantime, Grand Seniors plans to continue providing the support our community needs, within the guidelines offered by the CDC and our government officials. We are currently still offering the following services:

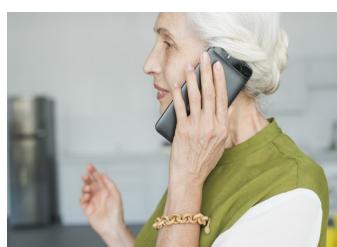
- Grocery shopping and delivery
- Prescription pickup and delivery
- Transportation for LOCAL non-emergent medical appointments
- Other assistance as-needed, or a phone call just to say hello!

To access any of these services, or if you have general questions or concerns during this time, please call Grand Seniors at 970-887-3222. The office and community room are closed to visitors, but staff is available to answer phone calls during normal business hours, Monday-Friday from 8am-2pm. We will keep our clients updated on any changes via the Grand Seniors Facebook page, web page and through phone calls and emails when necessary.

While we may be facing a unique and challenging season, remember that you are not alone. Grand Seniors is here for you. Give us a call if you need anything.

Warmest regards,

*The Mountain Family Center/Grand Seniors Team*



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### *Grand Seniors Team*

**Helen Sedlar**  
Executive Director

**Susan Hamilton**  
Transportation Manager

**Terry Sidell**  
Program Manager

**Katie Stuvel**  
Marketing Coordinator

**Jordyn Crane**  
Nutrition & Wellness Mngr

**Client Services Drivers:**  
Helen Brossart  
Andy Cuff  
Christine Fagan  
Mike O'Donnell  
Joanie Wojick  
Stacy Maalikulmulk  
Katy Gardener  
Karen Pojar  
Rich Young

**Grand Seniors @  
Mountain Family Center**  
970-557-3186 (MFC)  
970-887-3222 (Seniors)  
480 E. Agate St. Suite 1C  
PO Box 638  
Granby, CO 80446

## April Birthstone:

# Diamond

A diamond is a chunk of coal that did well under pressure.

Henry Kissinger



## SPECIAL GROCERY STORE HOURS

Many grocery stores in Grand County have created special shopping times for those who might be at higher risk from COVID-19. Grand Seniors encourages you to let us deliver groceries to you, but if you decide to shop, keep these hours in mind:

Safeway: 7-9am, Tues & Thurs

City Market: 7-8am, Mon/Wed/Fri  
Mountain Market: no special hours

but will deliver if you email  
katie@glmountainmarket.com



## 2020 Census Information

Possibly more than ever, counting every Grand County resident in the 2020 Census will be important. According to Grand County Communications Coordinator, Alexis

United States®  
**Census**  
**2020**

Kimbrough, each resident not counted in the Census equals \$1,500 per year (or \$15,000 over the 10 year Census period) that won't be allocated to our community from the \$675 billion annual Congressional and State General Assembly reapportionment. These funds are used for road improvements, schools and other important local services.

The Census already began mailing invitations to respond, but they don't mail to P.O. Boxes, which represents a large number of Grand County residents. If you have a P.O. Box, you can expect a Census worker to visit your home to drop off an invitation. Once you have the invitation, you can respond online, by phone or by mail. Follow the instructions in your invitation. The best way to ensure you don't receive a follow-up visit to your home is to complete your response. Remember that a Census worker will NEVER ask for personal information, ask to come into your home or contact you by email. If you have any doubt whether the contact you received was from a real Census agent, call 1-800-642-0469.

## Show us what you're up to!

During this time of "social distancing", we may find ourselves with more time at home. What kinds of activities are you doing to engage your mind and feed your soul? Have you been baking or cooking more, maybe trying out some new recipes? Have you watched any good movies, or started a new show? Talked to children or grandchildren over video chat? Spent time crafting, working a puzzle, reading or playing with your pet? We want to see! Email pictures of your activities, pets, cooking creations and more to katie@mountainfamilycenter.org, and we will share with the Grand Seniors community through our Facebook page and next month's newsletter! Not able to send a picture? That's ok! Just send us a note or story.



# Library Resources Available

While the Senior Book Club and other Grand County Library District (GCLD) gatherings have been postponed, there are still MANY library resources available for you to access from home! If you have a smart phone, computer or tablet you can access a large variety of eBooks, movies, research articles and activities. You will need your library card to login. If you don't have a card, email [cardsignup@gcld.org](mailto:cardsignup@gcld.org).

**The librarians are available to help!** GCLD will be answering phone calls and providing assistance during the following hours:

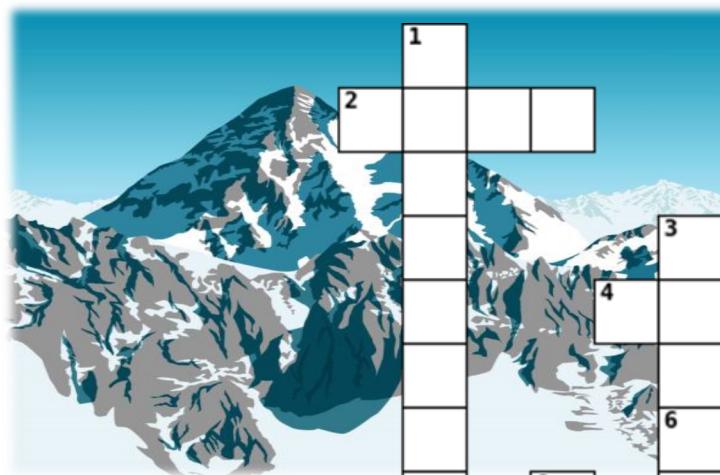
- **Fraser** (970-726-5689): Tues-Sat, noon-2pm

- **Juniper/GL** (970-627-8353): Wed-Sat, 10am-noon

- **Granby** (970-887-2149): Mon-Sat, 2pm-4pm

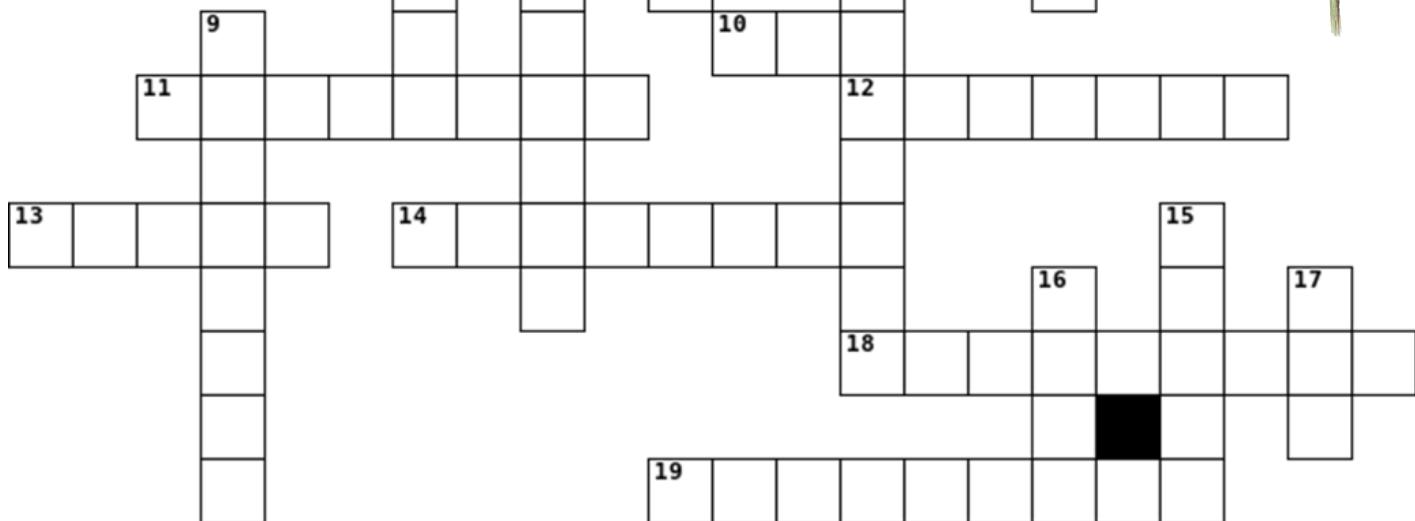
- **Central Services** (970-887-9411): Mon-Fri, 10am-4pm

- **Hot Sulphur & Kremmling** (970-724-9228): Mon & Tues, 10am-noon and Mon-Thurs, 4pm-6pm



## Springtime in The Rockies

Answer key on page 4.



### Across:

- 2. Young Moose
- 4. To Unfreeze
- 6. CO State Flower
- 10. Young Bear

- 11. Warm Rays
- 12. Colors After The Storm
- 13. A New Life

- 14. Narcissus Flower
- 18. Green, Edible Shoots
- 19. Young Plants Grown From Seed

### Down:

- 1. A Flower & Artist's Tool
- 3. A Bird Hatched
- 5. Young Fox

- 7. Cover From The Rain
- 8. Flowing Snow Melt
- 9. Caterpillar Transformed

- 15. Lawn Vegetation
- 16. A Doe's Offspring
- 17. Water Plus Soil

## April Activities Postponed

In response to local and state mandates, and in consideration of the safety and health of our Grand Seniors participants and employees, we are postponing all April activities, including:

- Butterfly Pavilion
- Committee Meeting
- National Parks DVD Viewing
- Crafts, Sewing and Jewelry Making
- Exercise Classes

We hope to resume these activities soon, and will keep you posted with updates.



"What does a dog do on his day off?  
He can't lie around- that's his job."  
- George Carline

## Tax Deadline EXTENDED



**Due to the  
COVID-19  
outbreak,  
Tax Day is  
now July 15.**



For more info visit [www.irs.gov/coronavirus](http://www.irs.gov/coronavirus).  
For an H&R Block tax preparation voucher,  
call Grand Seniors at 970-557-3186.

## Crossword Answers

(From page 3.)

### Across

- 2. Calf
- 4. Thaw
- 6. Columbine
- 10. Cub
- 11. Sunshine
- 12. Rainbow
- 13. Birth
- 14. Daffodil
- 18. Asparagus
- 19. Seedlings

### Down

- 1. Paintbrush
- 3. Chick
- 5. Kit
- 7. Umbrella
- 8. Runoff
- 9. Butterfly
- 15. Grass
- 16. Fawn
- 17. Mud

## Healthy Spring Recipe

### Crustless Quiche Primavera

#### Ingredients:

- 1 T extra virgin olive oil, plus more to coat baking dish
- 1 bunch green onions, chopped
- 8 ounces mushrooms, sliced
- 1 clove garlic, minced
- 1½ cup fresh baby spinach, roughly chopped
- 8 cherry tomatoes, halved
- 8 large eggs
- ½ cup milk or cream
- ½ cup grated cheese
- salt and pepper, to taste

#### Instructions:

- 1) Preheat oven to 350 degrees.
- 2) Heat 1T oil in skillet on med-high heat, sauté onions and mushrooms for 5 minutes.
- 3) Add garlic, sauté 1 minute.
- 4) Add spinach, cook another 2 minutes.
- 5) Add tomatoes, remove skillet from heat.
- 6) Whisk eggs in large bowl until combined, then whisk in milk, cheese, salt and pepper.
- 7) Grease an oven-safe pie dish or square baking dish with olive oil. Add sautéed vegetables, then pour egg mixture on top. Bake for 35-45 minutes, until eggs are set and toothpick inserted in the middle comes out clean, cover with foil the last few minutes to prevent over-browning if necessary.
- 8) Let cool 10 minutes, serve, and enjoy! Note: cover and refrigerate leftovers, use within 3-4 days.



# Summary of Local Covid-19 Resources



## What to do if you **ARE FEELING SICK:**

If you are feeling ill with symptoms such as fatigue, fever, cough or sore throat, the first step is to call your local healthcare provider/physician. If you don't have a local provider, please call Grand County Rural Health Network (970-725-3477) or Grand Seniors (970-887-3222) for a referral. Your provider will ask you a series of questions, then direct you on your next best steps. As always, in the case of severe symptoms or an emergency, call 911.

## What to do if you **NEED FOOD (OR PET FOOD):**

If you feel comfortable, you can always visit our food pantries in Granby (Mon-Fri 9am-3pm) or Kremmling (Mon-Fri 10am-2pm). However, as seniors are being advised to stay home during this "social distancing" period, we would prefer you call Grand Seniors (970-887-3222) for grocery delivery. We are available to answer calls between 8am-2pm, Monday-Friday. We can provide food from the food pantry, shop for your grocery list or even bring carry-out meals you have ordered from local restaurants as available.

## What to do if you **NEED A PRESCRIPTION:**

If you have a prescription available for pickup at a local pharmacy, we can deliver it to you. Please call Grand Seniors (970-887-3222) between 8am-2pm, Monday-Friday.

## What to do if you **NEED HELP PAYING YOUR RENT/UTILITIES/MORTGAGE:**

If your income has been affected by COVID-19 and you are having trouble paying your bills, call Mountain Family Center at 970-557-3186. Hours of operation are Monday-Friday from 9am-3pm.

## What to do if you **WANT TO HELP:**

Mountain Family Center and Grand Seniors anticipate an increased need for certain critical services over the next few months as many lose income and need extra help due to COVID-19. If you would like to support these efforts, there are several ways to do so. If you are **not an "at-risk" individual** and would like to volunteer, please access the Grand County "Helping Hands" shared document at:

<https://docs.google.com/forms/d/e/1FAIpQLScEJTkTfOETWxFwoabh19JL265BIY-CgMchVpvBsm3eCOXNog/viewform>

If you would like to make a monetary donation to Grand Seniors, please visit [www.mountainfamilycenter.org/donate](http://www.mountainfamilycenter.org/donate) or mail a check to P.O. Box 438, Granby CO 80446. If you would like to donate to the Grand County Emergency Relief Fund, please visit [www.grandfoundation.com/donate](http://www.grandfoundation.com/donate) and specify "Emergency Assistance Fund for COVID-19", or mail a check to the Grand Foundation at P.O. Box 1342, Winter Park, CO 80482.

## What to do if you **HAVE GENERAL QUESTIONS ABOUT COVID-19:**

For up-to-date information about COVID-19, you can access the following websites or hotlines:

- Colorado Centers for Disease Control and Prevention (CDC): <https://covid19.colorado.gov/> or 303-389-1687
- World Health Organization: <https://www.who.int/>
- Grand County Government: <https://www.co.grand.co.us/COVID19> or 970-725-3755
- Mind Springs Health: <https://www.mindspringshealth.org/covid19/> or the Crisis Hotline at 1-844-493-8255

## **HEALTH CHECKS**

### **\*\*No BP Checks in APRIL\*\***

Granby | N/A  
 Grand Lake | N/A  
 Kremmling | N/A  
 WP/Fraser | N/A

## **CAREGIVER SUPPORT**

If you are caring for someone who is elderly, ill, disabled or experiencing dementia, please visit our group. We meet the **2nd Thursday** of each month at 2pm at Mountain Family Center. There is no cost or commitment and the group provides a safe and caring environment to share experiences.

Call Amanda @ 970-846-3668 for more information.

**POSTPONED**

## **EATS & GREETS**

..have some lunch and catch up with friends!

### **Granby - provided by Grand County Public Health**

Lunch Contact: Tracy @ 970-531-0290

- Lunches are at noon on Mondays, Tuesdays and Thursdays at the Granby Senior/Community Center.

### **Kremmling - provided by Grand County Public Health**

Lunch Contact: Shelly @ 970-531-9330

- Lunches are at noon on Mondays, Tuesdays and Thursdays at Silver Birch Housing.

### **Grand Lake**

Lunch Contact: Judy @ 970-509-9698

- Lunches are Wednesdays at 11:30am at the Sagebrush Grill. Cost is \$8.00 per person.

### **Winter Park/Fraser**

Lunch Contact: Richard @ 303-882-0108

- Lunches are at noon, every other Thursday.

**POSTPONED**



## **Grand Seniors at Mountain Family Center**

Making life easier for seniors and adults with disabilities in Grand County

PO Box 638

480 E. Agate St, Suite 1C

Granby, CO 80446

Standard Mail  
 U.S. Postage  
 PAID  
 Permit #20

### **OFFICE HOURS**

#### **Office Currently Closed to Visitors**

Please contact us by phone at  
 970-887-3222  
 Monday through Friday  
 8AM to 2PM

**CURRENTLY PROVIDING LOCAL,  
 NON-EMERGENT MEDICAL  
 TRANSPORTATION ONLY**

Transportation Services must be scheduled with our office 48 hours in advance of your appointment.

Mountain Family Center is a 501c3 non-profit dedicated to building self-reliance for individuals and families through responsive and collaborative services. It is the goal of the Grand Seniors department to meet the needs of Grand County seniors 60 or older to maintain their independence.