

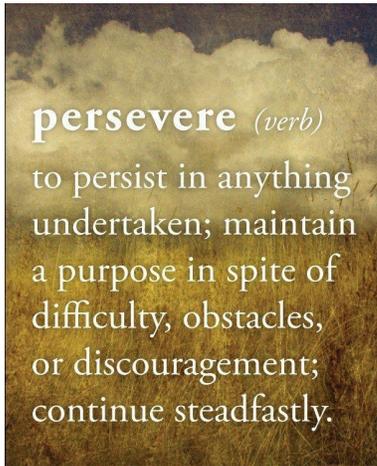


High Country Connections

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



Grand Seniors COVID-19 Updates



At the time of this publication, Grand County had performed 122 tests for COVID-19, with 110 coming back negative, 2 coming back positive and 10 still pending. There were also 3 “presumptive positive” cases for individuals who had been in close contact with positive cases and showed symptoms. This apparent low rate of spread in the county is great news, and officials are encouraging continued social distancing for now. As of April 27th, the state moved from a Stay at Home order to a “Safer at Home” phase. Even though Coloradans are no longer ordered to stay home, there are many things that will not change for the time being. Nursing Homes and Congregate Care

Facilities need to abide by the Colorado Department of Public Health and Environment’s amended public health order implementing mitigation measures restricting access, and now requiring the submission of a COVID-19 prevention and response plan by May 1, 2020. Higher Education and K-12 schools will remain closed through the end of the regular school year. Vulnerable populations should continue to stay at home.

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 please call Grand Seniors at 970-887-3222.

2020 Census: Respond TODAY!

Each resident who completes the Census represents \$1,500 (or \$15,000 over the 10 year Census period) in Federal funding that will be allocated to Grand County for roads, schools and other important services! If you haven't already, take a couple minutes to respond today! To respond online, visit www.2020census.gov. To respond by phone, call 844-330-2020 for English and 844-468-2020 for Spanish, 9 a.m. to 4 p.m. seven days a week.



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Grand Seniors Team

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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

May Birthstone: Emerald



PET FOOD AVAILABLE

The Grand Animals 4H Club and Old Time Feed N' Things in Granby have partnered to collect pet food for seniors who may have trouble purchasing or picking up food for their pets at this time. The food drive began on April 27th and will continue until May 8th.

- If you'd like to help, stop by Old Time Feed N' Things and purchase a bag of food or container of litter.
- If you need food or litter, call Susan at 970-887-3222 to schedule a delivery.

Thank you 4H & Feed N' Things for thinking of our seniors and their furry friends during this time!



SAVE THE DATE



BOATER'S CHOICE MARINA **6.10.20** GRAND LAKE, COLORADO

We are tentatively planning a pontoon boat ride on Grand Lake for Wednesday, June 10th from 10:30am-noon. Cost is TBD, lunch will be included. Space is limited, please call Grand Seniors at 970-887-3222 with questions or to reserve your spot!

SAFER AT HOME



Vulnerable populations and older adults must stay at home except when absolutely necessary



Nightclubs, gyms and spas remain closed



No group gatherings over 10 people



Elective medical and dental procedures begin, with strict precautions to ensure adequate personal protective equipment and the ability to meet critical care needs



Critical businesses remain open with strict precautions (social distancing, masks for all employees, more frequent cleanings, etc.)



Personal services (salons, dog grooming, personal training, etc) will open with strict precautions



Retail businesses open for curbside delivery and phased-in public opening with strict precautions



K-12 schools remain closed for the 2019-2020 school year



Restaurants and bars remain closed except for takeout/delivery. Work towards phased reopening.



Telecommuting continues for offices. Starting May 4, up to 50% of staff can work in person (with social distancing in place)

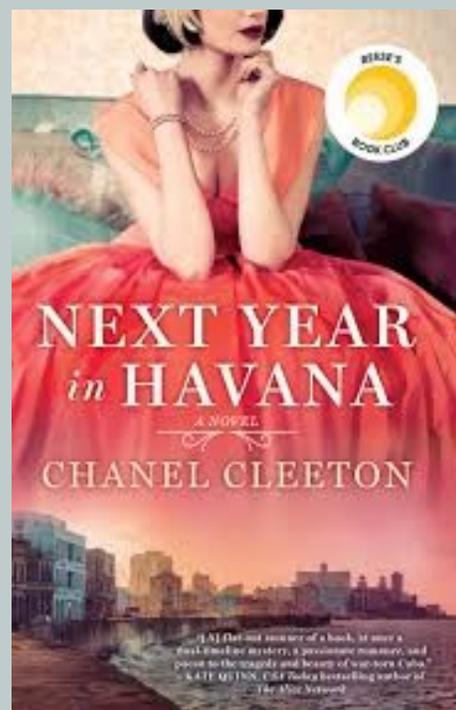


GOVERNOR
JARED POLIS

Library Resources Available

The Senior Book Club has gone virtual! This month's title is "Next Year in Havana", by Chanel Cleeton. The club will meet online on Tuesday, May 12th at 1pm. For more info on how to join the online discussion, visit the GCLD website at www.gclld.org.

The Library District is also now able to offer pickup of physical library materials from the Granby Library! Visit www.gclld.org, call 970-887-2149 or drive up to the window for more information. Materials will be checked out from the drive-thru window, dropped off in the normal drop boxes and held for a quarantine period prior to recirculation. This service is available Monday, Wednesday and Thursday from 2pm-5pm.



Coping in the midst of COVID-19

While staying at home and social distancing might get old at times, it doesn't have to be boring or lonely! There are many resources available for connecting with the world around us and keeping our minds sharp and our hearts full! Grand Seniors came up with this list of some of our favorites:

1) **Wildlife Cams:** These websites give us a glimpse into the real-time, daily life of wild bald eagles, zoo animals and more! We recommend checking out www.eagles.org,

www.sportsmansparadiseonline.com or zoo.sandiegozoo.org/live-cams.

2) **Robotic Pets:** Would you like the comfort and companionship of a dog or cat without the responsibility of care that normally comes with owning a pet? The Alpine Area Agency on Aging has funding available to purchase robotic "Joy For All" pets for seniors! The lifelike pets have built-in sensors that respond to motion and touch. They also respond to your voice with BARKBACK technology! Curious and want to learn more? Visit www.joyforall.com to watch a short video! If you are interested in "adopting" one of these pets for your own home, contact Terry from Grand Seniors at 970-887-3222.

3) **Colorado Crisis Services:** If you are struggling with anxiety, fear or depression, or just need to talk, call the Mind Springs Health COVID-19 support line at 1-877-519-7505. This line is free and confidential. You can also text "TALK" to 38255.

4) **Joy4All Hotline:** Looking for something light to make you smile? A team of Canadian high schoolers created a hotline that plays pre-recorded jokes, stories and messages of positivity! Call 1-877-569-4255 to listen to regularly updated messages submitted by teens from all over the world!

5) **Free Educational Courses:** Spend time learning about a topic you've always been interested in! From history to literature to philosophy and religion, Hillsdale College offers free courses on a wide variety of subject matter. You can watch the videos and learn at your own pace by visiting online.hillsdale.edu.





Virtual Caregiver Support Group

**Wednesdays
1:00 p.m. - 2:00 p.m.**

WHEN: April 8, April 15, April 22, April 29, May 6, and May 13.

TIME: 1:00 p.m. to 2:00 p.m.

WHERE: Zoom- this is an online format via computer, tablet, smart phone, or phone.

RSVP Required

Please email Ceci Peterson at

cpeterson@nwccog.org

OR

call her at 970-531-4087



Are you feeling stressed and anxious because of the COVID-19 outbreak and the "Stay at Home" order?

Join Lori Lemasters, of Care Partners Resource, and other caregivers as we navigate the new feelings and emotions during this time. Care Partners Resource and Alpine Area Agency on Aging are joining together to provide a safe space to identify and express our feelings, as well as to provide information and tips to help manage during this unique time.

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? 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.

Thank you to RENE BAKER who submitted the picture (above/right) of a beautiful dream catcher she created! She said she enjoys making dreamcatchers, and especially lately, because they help keep her mind occupied and off the outer turmoil in the world.

Also, thank you to CHARLOTTE WIDELL (right) who has been busy crocheting dish cloths to sell at Main Street Thrift to benefit Grand Seniors programs and activities!

Keep working on those crafts, and keep the pictures coming!

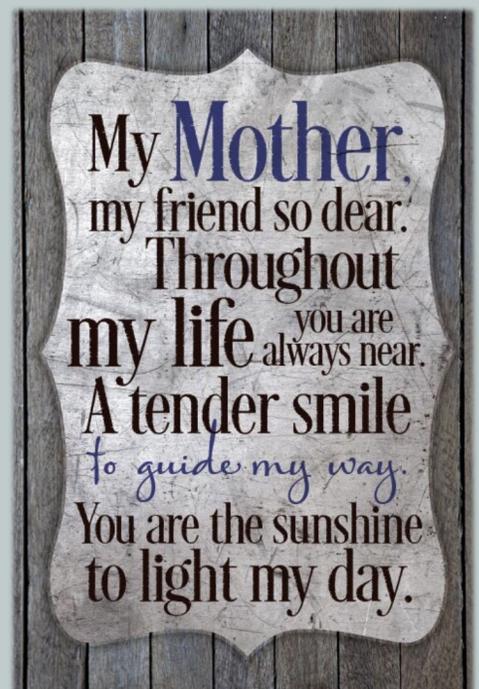


Coloring Page



SUNDAY, MAY 10TH

Happy
mother's
Day



Simple Stretches to do at Home

SAMPLE STRETCHES



Shoulder Stretch
With hands in front of body, interlace fingers and turn palms away from body. Gently straighten elbows and reach. Hold stretch for 10-20 seconds.



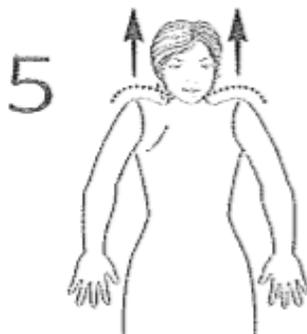
Shoulder Stretch
Use your left hand to grasp your right arm above the elbow. Pull shoulder height at right arm across your chest. Hold for 8-10 seconds. Repeat on other side.



Upper Body Stretch
Interlace fingers, turn palms upward and straighten arms above head. Elongate arms to stretch through upper sides of your rib cage. Hold for 15-20 seconds.



Triceps Stretch
With arms overhead, hold right elbow with left hand. Gently pull elbow behind your head, creating a stretch down your right side. Hold for 8-10 seconds. Repeat on left side.



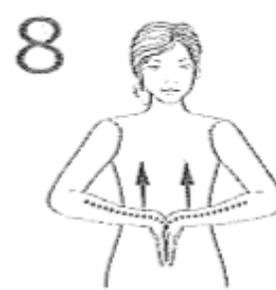
Shoulder Shrugs
Raise the top of your shoulders towards your ears until you feel the stretch in your neck and shoulders. Hold for 3-5 seconds. Repeat 2-3 times.



Neck Tilts
Place arms behind your back, grasp one wrist with the opposite hand and pull while tilting head away from the arm you are stretching. Hold for 8-10 seconds. Reverse and repeat.



Wrist/Forearm Stretch
Relax hands and arms at your side. Shake hands and arms for 30 seconds to loosen tension.



Wrist/Forearm Stretch
Place hands at chest height palm to palm fingers pointing down. Pull hands and forearms upward. Keep palms together and elbows even. Hold 10 seconds. Repeat 3 times.



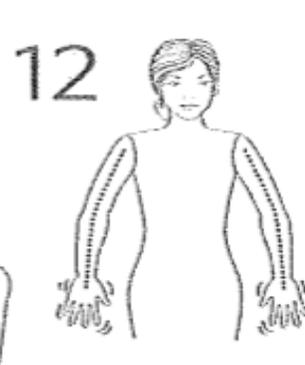
Side Stretch
Stand or sit with back straight. Push one hand downward while stretching opposite hand up and over head. Hold for 8-10 seconds. Repeat on opposite side.



Back and Hip Stretch
Cross left leg over right leg. Keeping shoulders square with the front of your body, look over left shoulder. Place right hand on left knee and apply pressure. Hold for 8-10 seconds, Repeat on other side.



Lower Back Stretch
Place palms on lower back, fingers pointing downward. Gently push your palms forward and bend your spine backwards. Hold for 10-15 seconds. Repeat 2-3 times.



Hand, Wrist & Forearm Relaxation
Relax hands and arms at your side. Shake hands and arms for 30 seconds to loosen tension.



Virtual Older Adults Social Group

Mondays
1:00 p.m. - 2:00 p.m.

WHEN: April 13, April 20, April 27,
May 4, and May 11, and May 18

TIME: 1:00 p.m. to 2:00 p.m.

WHERE: Zoom- this is an online format
via computer, tablet, smart phone, or
phone.

RSVP Required

Please email Ceci Peterson at
cpeterson@nwccog.org

OR

call her at 970-531-4087



**Are you struggling with the change in
your lifestyle due to the COVID-19
Stay at Home Order? Are you missing
interacting with others?**

Join a facilitated, weekly group
discussion with Lori Lemasters of
Care Partners Resource to connect with
others and share this experience
together.

Care Partners Resource and Alpine
Area Agency on Aging are joining
together to provide a safe space to
identify and express our feelings, as
well as to provide information and tips
to help manage during this unique time.

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.

EATS & GREETINGS

..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 @ 970-846-9330

- Lunches are at noon on Mondays, Tuesdays and Thursdays at Silver Lake 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

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.

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