



High Country Connections

The Grand Seniors' monthly newsletter

Editors: Katie Stuvell, Terry Sidell, Jordyn Crane



Carl Montoya honored by Peaks N' Pines Quilt Guild for military service

Honoring Veterans, Celebrating Independence

In the spirit of Independence Day, the Peaks N' Pines Quilt Guild has been busy making quilts for local veterans. The Guild honored one of our very own Grand Seniors, Carl Montoya, with a quilt for his service in the Korean and Vietnam wars. Carl's family members attended the presentation and wrapped him in the quilt. The Quilt Guild explained that being wrapped in the quilt signified hugs from the quilting members, and gratitude from the entire community for Carl's service. Representatives from the Grand Seniors/MFC teams were also present!



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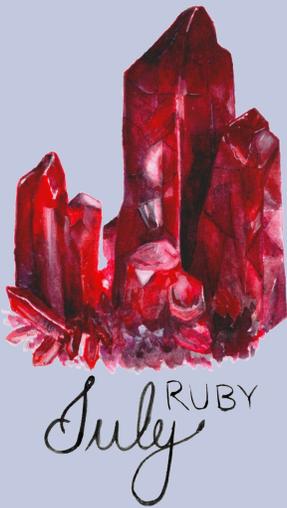
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970-557-3186 (MFC)
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480 E. Agate St.
PO Box 638
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July Birthstone:



GRAND SENIORS TRANSPORTATION

Grand Seniors transportation services are up and running! If you are age 60+ and need a ride for a non-emergent medical appointment, grocery store visit or other essential trip, give us a call! We do require at least 48 hours advance notice for in-county trips and 78 hours advance notice for out-of-county trips (Denver, Summit County). Donations to help cover costs are appreciated, but we will never deny a ride, regardless of ability to contribute. Suggested contribution amounts are \$3-\$7 for in-county trips and \$25-\$40 for out-of-county trips.

NEED A RIDE?

CALL US!



970-887-3222

Best Wishes Mike and Katy!



Grand Seniors is sad to say “farewell” to two of our amazing drivers! Mike O’Donnell will be moving on to new adventures in Washington State, and Katy Gardener will be moving out of county to be closer to family. Mike and Katy have both been invaluable members of our team for the past several years and will be greatly missed!

Stay Tuned for Events



As precautions remain in place regarding events and gatherings, the Grand Seniors staff and committee are brainstorming ideas for safe, enjoyable activities for seniors in the community. We are looking into

small live music picnics in the park, outdoor podcast parties and more! Stay tuned in the newsletters and through the Grand Seniors Facebook page and website!

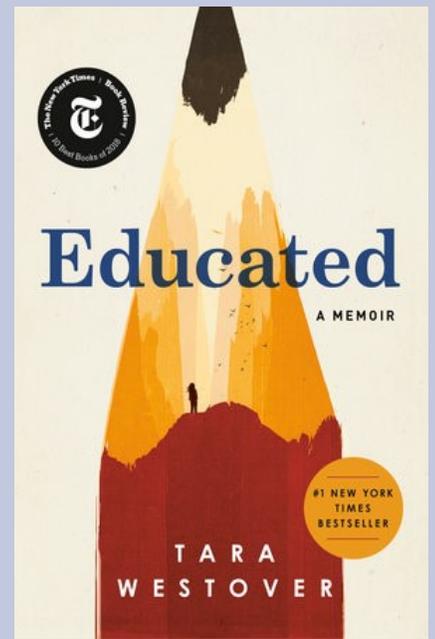
In the meantime, we are still doing Lunch Bunch! Join us every Tuesday in the garden area behind Mountain Family Center. Bring your lunch, sweet treats provided! Space is limited, RSVP to 970-887-3222 to reserve your spot!

Senior Book Club

The Senior Book Club will be meeting IN PERSON in July! This month's title is "**Educated**", by Tara Westover. "Educated" is a "memoir that describes the struggle of a young girl who escapes from violence and an emotional prison. It is a conflicting story of fierce family loyalty as well as that of the intense sorrow that arises from the division of one's closest ties."



The club will meet in Polhamus Park in Granby on Tuesday, July 24th at 1pm. Registration is required, please call 970-887-2149. Masks are also required, and BYO chair! Hope to see you there!



GET COUNTED

Census Update

The U.S. Census Bureau has resumed field operations. If you haven't already responded to the census, you may receive a response packet at your door.

As of June 30th, the response rate in Colorado was 65%, while the response rate in Grand County was 24%. This is up 15% from May. For each person who is counted, the county will receive an additional **\$15,000 in funding** over the next 10 years!

A response can be submitted online at 2020census.gov, over the phone at 1-844-330-2020 or by mail. If you prefer, Grand Seniors would be happy to help you submit your answers, securely and confidentially, online. **Gift cards to local restaurants are available for seniors 65+ who can provide proof of response!** Contact Grand Seniors at 970-887-3222 for information!

LET'S CELEBRATE

Birthday Mentions

We would love to recognize and celebrate the birthdays of our Grand Seniors community! Please help us recognize YOU by emailing your birthday to Diana at diana@mountainfamilycenter.org! Then, watch for your name in your birthday month's newsletter!

Birthdays are good for you. Statistics show that people who have the most live the longest!

(Larry Lorenzoni)



INTERESTING READS

Magazine Library



Grand Seniors has a large collection of magazines available for you to borrow! From "Popular Mechanics", to "Scientific American", to holiday magazines and more, ask to borrow a few next time you drive through Grand Seniors at Mountain Family Center, or call 970-887-3222 and ask for a drop off from one of our drivers! Summer is a great time to catch up on some reading and maybe learn about a new hobby, skill or topic you didn't know about before! When you are finished reading the ones you have borrowed, trade them in for something new!



Vintage

(formerly known as Alpine Area Agency on Aging)

In-Home Services Voucher Program

Do you need help with daily activities like vacuuming, doing laundry, snow removal, and personal care?

**The Vintage
In-Home Services Program provides
funding for older adults who need
assistance with personal care, chores, and
homemaking services.**

Who is Eligible?

If you are 60+ and live in Eagle, Grand, Jackson, Pitkin or Summit county, you may qualify.



INFORMATION | RESOURCES | ADVOCACY

Contact Ceci Peterson for more information

cpeterson@nwccog.org

970-531-4087

Thank You to our Supporters

Since the COVID-19 crisis began in early March, we have been faced with some new and unique challenges. Whether from the mental and emotional effects of social distancing and community restrictions, or the economic effects of job and income loss, or, in some cases, the physical effects of the illness itself, all of us have been impacted by the pandemic and response in one way or another.

Thankfully, even before the crisis began, Grand Seniors had programs and resources in place to help meet the needs of our most vulnerable populations. We had been providing transportation, meals, welfare checks and more to seniors in Grand County for 46 years. However, the first half of 2020 saw a higher need for these services than ever before. Between March 1st and June 30th, Grand Seniors staff and volunteers provided over 400 “senior assists”, which included all of the services mentioned above. We recognize that this work would not have been possible without the support of generous businesses, organizations and individuals who made financial and in-kind contributions over the past several months. To our donors and volunteers we give our most sincere thanks! Your partnership continues to make a real difference in the lives and well-being of seniors in our community.

thank you

Local Osprey Web Cam



Would you like a peek into the life of one of Grand County’s most iconic migratory birds? Go online to www.skyhinews.com/grand-lake-osprey-camera/ to view a live Osprey nest webcam, 24 hours a day, presented by the Sky-Hi News! Right now there are 3 brand new chicks in the nest!

New Name for AAAA

The Alpine Area Agency on Aging (AAAA) provides information, care reimbursement vouchers, resource referrals, advocacy and more for seniors in the mountain communities of NW Colorado. They have a new name, and are now called “VINTAGE”! According to AAAA: “Vintage means that we respect the passage of time and our lives within that passage. We value the past but also treasure and cherish the future.” Check out everything they have to offer at www.yourvintage.org



New Name. New Look.
Same Reliable Services for Aging Well.

The Alpine Area Agency on Aging is now Vintage. Check out our new website for information, resources and advocacy for aging well in Colorado.





Stay Informed! Sign up for GS Emails!

Grand Seniors often uses email to communicate about programs, services, opportunities and events! Please visit our website: mountainfamilycenter.org/seniors to sign up for our email list!



PLEASE STAY TUNED...

In order to comply with state and local guidance and do our part to reduce the spread of COVID-19, **Eats and Greets** and **blood pressure/health checks** remain on hold. We look forward to resuming these activities when it is permitted, and wise, to do so. We will keep you updated in this newsletter, through Grand Seniors on Facebook and at www.mountainfamilycenter.org with any new information as it becomes available. In the meantime, we're thinking of you!

What's in Season...

July in Colorado means more fruits and vegetables at the peak of their season! Eating what's in season is delicious, and healthy! Look for the following fresh produce items at the grocery store and farmers' markets this month!

- Tomatoes
- Cucumbers
- Cherries
- Beets
- Green Beans



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

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

Office Currently Closed to Visitors

Transportation Services must be scheduled with our office **at least 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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