



# High Country Connections

The Grand Seniors' monthly newsletter  
Editors: Katie Stuvell & Jordyn Crane



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## Grand Seniors Team

**Helen Sedlar**  
Executive Director

**Susan Hamilton**  
Transportation Manager

**Katie Stuvell**  
Community Programs Manager

**Jordyn Crane**  
Nutrition & Wellness Manager

## Client Services Drivers:

Andy Cuff  
Stacy Maalikulmulk  
Karen Pojar  
Rich Young  
Tom Williams  
Terry Sidell

## Grand Seniors @ Mountain Family Center

970-557-3186 (MFC)  
970-887-3222 (Seniors)  
480 E. Agate St.  
PO Box 638  
Granby, CO 80446

## East Troublesome Fire

The East Troublesome fire started on Wednesday, October 14<sup>th</sup>, 2020 and as of November 1<sup>st</sup> had burned over 193,000 acres. This is the second largest fire in Colorado's history. The largest fire- the Cameron Peak Fire- began on August 13<sup>th</sup>, 2020 and has currently burned more than 208,000 acres. The causes of both fires are still under investigation. It's been an unprecedented fire season, to say the least.

Our staff is grateful to report that we are all safe, and have been able to return to our homes. The only loss of structure for the MFC/Grand Seniors team was the unfortunate loss of Terry Sidell's mother's home, between CR 41&42. Terry reports that her mom is in good spirits, and will be moving into their home, with Terry, her husband and their son, until next year when they hope to get her settled back on her own property, in a modular home. Our hearts go out to Terry, and her family, for this loss and for the challenging work ahead to clean up and rebuild!

There are many resources available for those needing assistance related to the fire. If you need help navigating these resources, contact Mountain Family Center (970-557-3186) or Grand Seniors (970-887-3222). Those wishing to provide support can make donations at [www.mountainfamilycenter.org/donate](http://www.mountainfamilycenter.org/donate) or the Wildfire Emergency Fund at [www.grandfoundation.com](http://www.grandfoundation.com)

## November Birthstone:



*Citrine*

### 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 72 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?**

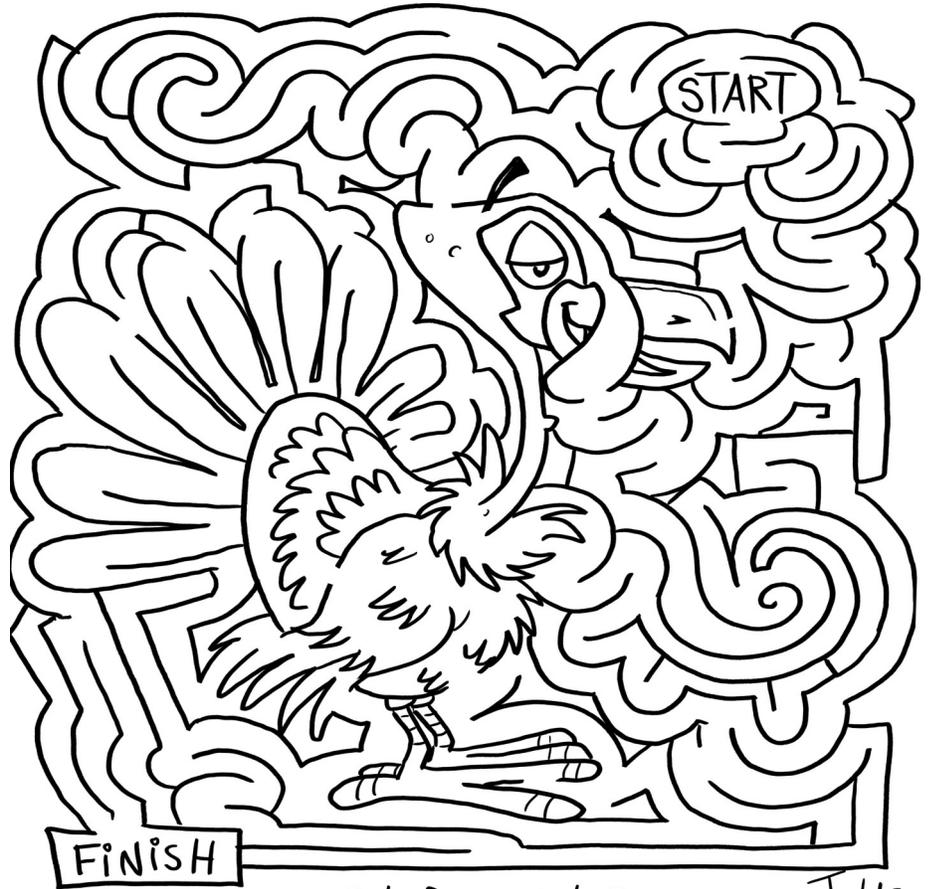
**CALL US!**



970-887-3222

## Just For Fun: Turkey Maze!

(We promise, there IS a solution!)



SOLVE AND COLOR

Joe WBS

## Veterans Day

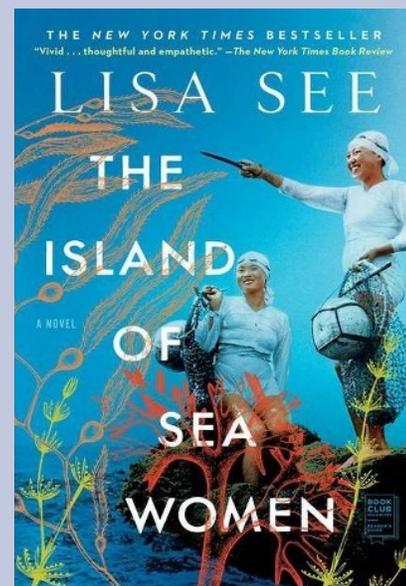


Veterans Day is Wednesday, November 11<sup>th</sup>. We honor all who have served! Thank you to those restaurants in Grand County who offer discounts or free meals to veterans with military ID, including Elevation Pizza, Starbucks, Wendy's.

# Senior Book Club

This month's title is *"The Island of the Sea Women"*, by Lisa See. This historical fiction, set on the island of Jeju, South Korea, centers on the relationship between two female divers, Mi-ja and Young-sook, from the 1930's to 2008.

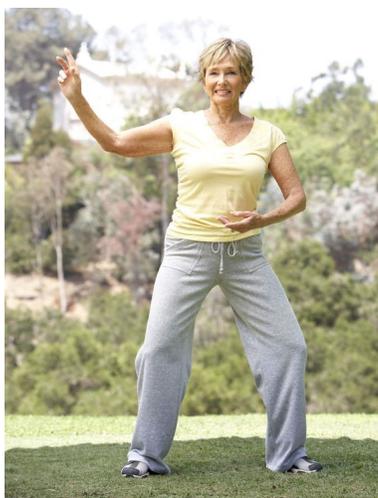
Weather permitting, the club will meet in Polhamus Park in Granby on Tuesday, November 10<sup>th</sup> at 1pm. Masks are required, and BYO chair! If you prefer to join virtually, please contact Barbara Harris at 970-887-8992 for details. Hope to see you there!



## STAY IN MOTION

### Flash Fitness

These mini fitness sessions with certified instructor Terry Sidell are 30 minutes long and include Tai Chi, balance, and strength exercises!



Sessions are Tuesdays from 10:45-11:15am at the Granby Community Center at 129 N. 3rd street. **Masks are required!** Space is limited to 5 enthusiasts.

**RSVP to [terry@mountainfamilycenter.org](mailto:terry@mountainfamilycenter.org) by Monday evenings to see if space is available.**

## STAY TUNED

### Holiday Party

The Grand Seniors team once again plans to provide a delicious holiday meal, small gift bags and exciting drawings for the holidays this year. Unfortunately, we will not be able to have a large group gathering as we have done in the past, due to COVID restrictions. We are working on an alternative plan and will communicate the details shortly! Please stay tuned to Grand Seniors Facebook page, website, emails and the December edition of the "High Country Connections" newsletter!



## TURKEY TRADITIONS

### Thanksgiving Meals

If you need a little help providing a Thanksgiving meal for yourself or your family this year, Mountain Family Center has you covered. In the past, we have provided tote bags with all of the ingredients for a traditional Thanksgiving meal. This year, with COVID safety in mind, we will be providing grocery gift cards rather than the tote bags and turkeys. If you would like to participate in this program, please email [katie@mountainfamilycenter.org](mailto:katie@mountainfamilycenter.org) or call 970-887-3222. If you need help shopping, Grand Seniors can get you to the store (at least 48 hours notice required) or provide the items needed for a meal.

Donations in support of this program can be made at [www.mountainfamilycenter.org](http://www.mountainfamilycenter.org) or dropped at MFC in Granby. Grocery gift cards (City Market, Safeway, Kremmling Merc, Mountain Market) in \$25 or \$50 denominations are also greatly appreciated!

# People 65 Years and Older Need a Flu Shot

**FIGHT FLU**



Information for adults 65 years and older

## **Influenza (flu) can be a serious illness, especially for older adults.**

**FACT:** *People 65 years and older are at high risk of developing serious complications from flu, compared with young, healthy adults.*

This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

## **An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.**

**FACT:** *While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.*

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

People 65 years and older should get a flu shot, not a nasal spray vaccine. They can get any flu shot approved for use in their age group with no preference for any one vaccine over another. There are regular flu shots and there also are also enhanced vaccines approved for use in people 65 and older that may provide a better immune response.

1. **A high dose flu vaccine** (Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. **An adjuvanted vaccine** (FLUAD™) is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.



For more information, visit:  
[www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call **1-800-CDC-INFO**



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

## **Flu shots have a good safety record and do not cause flu.**

**FACT:** *The side effects of flu shots are mild when compared to potentially serious consequences of flu infection.*

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. The high dose and adjuvanted flu vaccines may result in more of the mild side effects that can occur with standard-dose seasonal shots.

## **Long-term medical conditions also can put you at high risk of serious flu complications.**

**FACT:** *Flu can make long-term health problems worse, even if they are well managed.*

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common long-term medical conditions that place people at high risk of serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu vaccine every year.

**FACT:** *There are prescription drugs that can treat influenza virus infections. People 65 and older should be treated with influenza antiviral drugs if they get sick with flu.*

If you have flu symptoms--even if you had a flu shot--call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at high risk of serious flu complications, like people 65 and older.



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**Take control of your health and fight flu this season with an annual flu vaccine.**

**For more information about the flu or the vaccine,  
call 1-800-CDC-INFO or visit <http://www.cdc.gov/flu/>.**

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## November Recipe: Homemade Turkey Broth

**Yield:** 8 Cups

**Prep Time:** 10 minutes

**Cook Time:** 3 hours

**Shelf Life:** 2 weeks refrigerator  
or 3 months freezer



### Ingredients:

- 1 cooked turkey carcass, meat removed
- 1 onion quartered
- 2 large carrots, cut into large pieces
- 2 stalks celery, cut into large pieces
- 2 cloves garlic, chopped in half
- 1 small bunch each: rosemary, parsley, thyme
- 2 tsp. black peppercorns
- 1 tsp. salt (more to taste)

### Directions:

Add all ingredients to a large stock pot. Cover turkey completely with water (10-12 cups). Bring pot to a boil, reduce heat to low and simmer for 3 hours, spooning fat off the top as it rises. Use tongs to remove turkey carcass. Strain broth through cheesecloth or a fine mesh strainer. Let cool to room temperature. Store until ready to use, up to 2 weeks in refrigerator or 3 months in freezer. Delicious in soups, sauces and more!

## 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](http://mountainfamilycenter.org/seniors)  
to sign up for our email list!



## 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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