



High Country Connections

The Grand Seniors' monthly newsletter



Grand Seniors staff wishes you a very Happy New Year indeed! We all know that 2020 held unprecedented challenges, but look- we are still here! Of course we know the world didn't change at the stroke of midnight and life will continue to present moments of joy, moments of sorrow and everything in between. But there is something to be said for "January 1st", and the prospect of a brand new year ahead.

As for Grand Seniors programs and services, we are still operating on a somewhat limited basis, especially when it comes to activities and gatherings. We hope this can change in the coming months! In the meantime, we continue to offer transportation for non-emergent medical appointments and errands (such as grocery shopping), as well as delivery of groceries, prescriptions and other essentials. In addition, we have mobility and medical equipment such as shower chairs, crutches and walkers available to borrow. If you need any of these services, contact us at 970-887-3222. Remember that the transportation schedule fills up fast, so give us a call 48 hours in advance for in-county trips and at least 1 week in advance for out-of-county trips!

We hope you're doing well, and hope to be able to SEE you in 2021!

- Your MFC & GS Staff

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Grand Seniors Team

Helen Sedlar
Executive Director

Susan Hamilton
Transportation Manager

Katie Stuvell
Community Programs Manager

Bailey Ludwig
Nutrition & Wellness Manager

Client Services Drivers:

Andy Cuff
Stacy Maalikulmulk
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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

Produce of the Month



Winter Squash

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 or more 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: Word Search

N	S	S	Q	U	T	F	C	O	L	D
E	M	N	U	D	Z	M	A	L	W	P
W	L	O	O	D	U	I	C	Y	X	K
Y	K	W	A	M	I	T	T	B	I	L
E	D	G	W	I	N	T	E	R	C	M
A	A	H	C	K	N	E	W	Y	E	R
R	Y	J	O	J	A	N	U	A	R	Y
K	R	Q	L	T	T	S	S	H	M	P
N	E	W	Y	E	A	R	S	D	A	Y



January	Cold
New Year's Day	Icy
MLK Day	Snow
Winter	Mittens

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Medicare Open Enrollment Recap

Provided by Jonnah Glassman, SHIP Medicare Coordinator

Like many things, Open Enrollment looked a little different this year for our SHIP Medicare Program! We were able to successfully work through barriers such as not being able to meet with people in person and navigate getting Medicare information to those who need it during these unprecedented times.

A huge THANK YOU to our SHIP Volunteers for being such a fluid team and doing everything needed to help community members with their Medicare. These volunteers are Karen Eyrich, Ed Van Walraven, Ed Ozark, Dyann Gray, Patty Kravitz, and Steve Knap. They were able to assist over 160 people with their Medicare enrollment, spent over 158 hours with clients from 25 different towns. Also, a huge thank you for our ongoing collaboration with the Summit County Community and Senior Center, Pitkin County Senior Services, Eagle Senior Center, Eagle Community Center El Jebel, Mountain Family, Rural Health, Jackson County Council on Aging, and Roaring Fork Fire Rescue.

If you or someone you know is looking for more purpose and connection in the New Year, becoming a SHIP Medicare Volunteer is a wonderful way to do this. Our wonderful team of volunteers makes a big difference in the health and wellbeing of the members of our community. For more information, please reach out to our Medicare Coordinator Jonnah Glassman at 970-315-1328.

Senior Book Club

Some of the Grand Seniors members are the nucleus of this book club designed to give readers a place to discuss books which make us laugh, remember, and look forward to turning another page. All adults are welcome to join this discussion group. For more information, or details on how to join virtually, contact Barbara Harris at 970-887-8992 or bjharris@netscape.com.

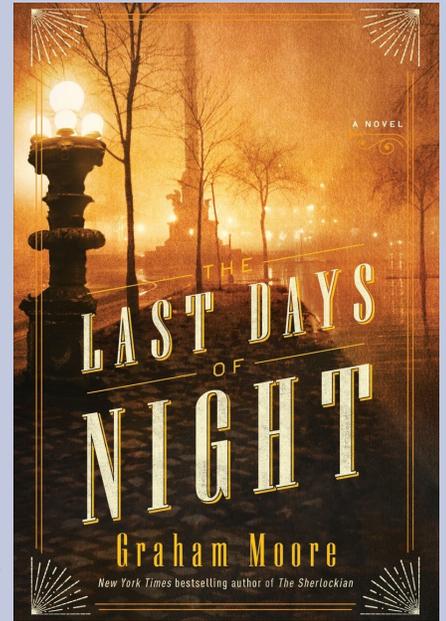


This month's title:

"The Last Days of Night"

by Graham Moore

Meeting in Granby Library Study Room 2 (6 person capacity) or virtual. TUES. January 12th from 1pm-2pm



WHAT FUN WE HAD

Holiday Meal

We were so happy to see so many smiling faces drive through our holiday celebration in December! In fact, with such a large turnout compared to our Senior Holiday Party in previous years, we were sad to run out of food early. We do apologize for any that didn't receive this special meal. We hope to be able to gather IN PERSON again for our next holiday celebration!

Thank you SO much to all who donated time or food to make this celebration happen:

- Pearl Dragon Restaurant
- Safeway
- Grand Fire Protection Dist. 1
- Grand County homeschool

Thank You!

MIND SPRINGS HEALTH

Free Counseling



"The East Troublesome Fire has had significant impact on our community, and everyone manages that impact in their own way. For some it helps to talk about the experience right away, for others it might be helpful to do so in the coming weeks or months. Mind Springs Health in Granby is here to provide a listening ear, support and tools to improve wellness whenever the time is right for you."

Up to 5 private online sessions are available for FREE, thanks to the Wildfire Relief Fund, by calling 970.887.2179. This service is available to residents, first responders, teachers and families.

VISION ASSISTANCE

Vision Vouchers



Thanks to funding from the Fraser River Valley Lions Club, Mountain Family Center once again has vision vouchers for 2021! If your insurance does not cover these costs, you may be eligible to receive a vision voucher good for an eye exam and glasses.

These vouchers are available on a limited basis each year, to those who qualify.

Eligibility requirements:

- Unable to pay for exam and glasses yourself.
- Lived in Grand County for at least one year.
- Have not received a vision voucher in the past year.

Contact 970-557-3186 or katie@mountainfamilycenter.org for more information.

COVID-19 VACCINE DISTRIBUTION

PHASE 1

Winter



1A

Highest-risk health care workers and individuals:

- People who have direct contact with COVID-19 patients for 15 minutes or more over a 24-hour period.
- Long-term care facility staff and residents.

1B

Coloradans age 70+, moderate-risk health care workers, first responders, frontline essential workers, and continuity of state government:

- Health care workers with less direct contact with COVID-19 patients (e.g. home health, hospice, pharmacy, dental, etc.) and EMS.
- Firefighters, police, COVID-19 response personnel, correctional workers, and funeral services.
- People age 70 and older.
- Frontline essential workers in education, food and agriculture, manufacturing, U.S. postal service, public transit and specialized transportation staff, grocery, and public health, and direct care providers for Coloradans experiencing homelessness.
- Essential officials from executive, legislative and judicial branches of state government.
- Essential frontline journalists.

PHASE 2

Spring



2

Higher-risk individuals and other essential workers:

- People age 65-69.
- People age 16-64 with obesity, diabetes, chronic lung disease, significant heart disease, chronic kidney disease, cancer, or are immunocompromised.
- Other essential workers and continuity of local government.
- Adults who received a placebo during a COVID-19 vaccine clinical trial.

3

The general public:

- Anyone age 16-64 without high risk conditions.

PHASE 3

Summer



To register for the vaccine, visit:

<https://www.co.grand.co.us/vaccine>

This registration form will not schedule you for an appointment to get the vaccine, but will put your name on the list of interested persons in Grand County wanting to get the vaccine. Once this form is submitted, Grand County Public Health or a partnering local medical clinic will contact you when they have a vaccine ready for you. Depending on the phase of vaccine administration in which you qualify, you may be contacted relatively soon or it may take quite some time.

*Timeline subject to change based on supply chain. Prioritization subject to change based on data, science, availability.

Revised date: 12/30/2020



SUFFERED IN ANY WAY BECAUSE OF COVID-19?

Connect with Colorado Spirit

If you are stressed or other-wise impacted
because of the pandemic, **FREE** help is available.

Colorado Spirit is a FEMA-funded recovery program to provide disaster survivors with community-based outreach, stress and resilience education, and connection to mental health and other community resources.

Contact one of our Outreach Specialists Today

Megan Vilece
Team Lead

970.985.5511

MVilece@MindSpringsHealth.org

Jennifer Gaber
Outreach Specialist

970.531.5865

JGaber@MindSpringsHealth.org

Senior (970.985.9483), Child (970.531.7450) & Bilingual (970.531.5582) Specialists Available



Free Digital Mood Checker & Stressbuster

Visit myStrength.com or download the myStrength app.

Use Access Code CCPMSH

SCAN QR CODE
FOR MORE
INFORMATION



FEMA

January Recipe: Crab Quiche

by Susan Hamilton

Servings: 6

Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients:

- 1/2 cup mayonnaise
- 2 T flour
- 2 eggs, beaten
- 1/2 cup milk
- 1 cup crab meat
- 1 cup swiss cheese, diced
- 1/2 cup green onions, chopped
- 1- 9" pie crust



Directions:

Preheat oven to 350 degrees. In a medium bowl, beat together eggs, mayo, flour and milk until thoroughly combined. Stir in crab meat, swiss cheese and green onion. Pour into pie shell. Bake for 40-45 minutes until knife inserted into center comes out clean.

TIP: Instead of crab and swiss, you can substitute chopped cooked bacon, spinach, mushrooms, cheddar cheese- or any ingredients you like!

**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!



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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