



High Country Connections

The Grand Seniors' monthly newsletter



Vaccine Distribution Underway

“Vaccination against Covid-19 has begun in Grand County. Many have already received their first dose, and some have completed both doses. The County continues to vaccinate as quickly and efficiently as possible, factoring in guidance from the state, and availability of doses. If you are over age 70, you may already be eligible to receive the vaccine, should you choose to do so.

From Grand County Public Health:

Grand County is in the final stages of Phase 1A and begins looking toward the early stages of administering populations in Phase 1B (above the dotted line).

GCPH will not be able to move below the “dotted line” of the phase 1B population until given specific direction from Governor Polis and the Colorado Department of Public Health & Environment. Providing vaccine to non-authorized populations at this time will result in the penalty of being denied further vaccine delivery to vaccinate the Grand County community.

In order to ensure that GCPH has committed individuals for each Phase of the distribution process, we have developed a Vaccine Registration Form for individuals who are not already being provided access to the vaccine through their employers and a Vaccine Registration Form for businesses.”

If you are interested in receiving the vaccine as soon as you are eligible, please visit <https://www.co.grand.co.us/vaccine> or call the Joint Information Hotline at 970-725-3803 to register.

This registration form will not schedule you for an appointment to get the vaccine. This form 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.



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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



Citrus

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

Happy Valentine's Day!



Spotting Bald Eagles

January and February are the best time in Colorado to spot Bald Eagles! Our national symbol was once endangered by the pesticide DDT — there were only about 10 nesting pairs in Colorado in the 1970s, according to the U.S. Fish and Wildlife Service. After spending some time on the Endangered Species List, their population has rebounded. As many as 1,200 birds will visit our state this winter. There are currently an estimated 125 nesting pairs, according to Colorado Parks and Wildlife.

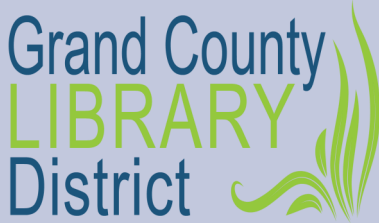


Bald Eagles can be found throughout Grand County, if you know where to look. Use these tips from the Denver Post and you're sure to spot our National Bird this winter!

- Bald eagles rarely stray from a good source of water, so river corridors and large reservoirs are good places to spot them.
- As with most wildlife, sunrise and just before sunset are the best times to spot bald eagles.
- Do not approach the eagles. If the eagles change their behavior, that means you're too close. If you can see them from your vehicle, stay in it. You will want a good spotting scope or strong pair of binoculars.
- Eagles prefer to stay perched instead of fly when it's really cold, so you may want to go searching on a really cold day.

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.



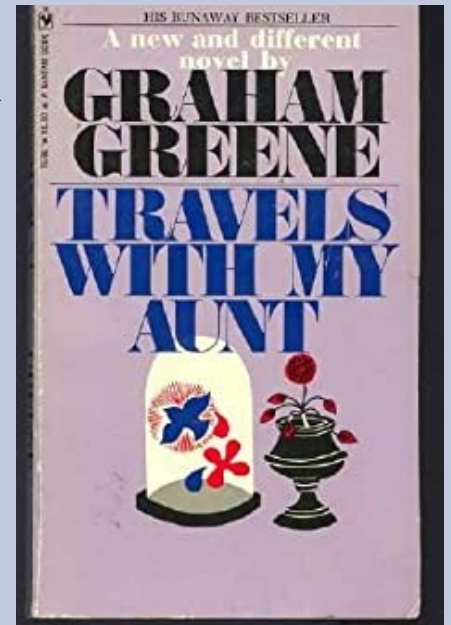
This month's title:

“Travels with My Aunt”

by Graham Greene

TUES. February 9th from 1pm-2pm

Online meeting this month.



FOOD AND TOILETRIES

Personal Care Items



Mountain Family Center has an overabundance of personal hygiene items at the food pantry! If you could use any of these items, please call us at 970-887-3222 or stop by the food pantry at 480 E. Agate in Granby. Hours are Mon-Thurs from 9am-3pm, and Fridays from 9am-noon. Items available include shampoo, conditioner, soap and body wash, toothbrushes and toothpaste, feminine hygiene and more.

As a reminder, anyone in-need is eligible to visit the food pantry, to help offset the cost of groceries or other necessities.

RURAL HEALTH NETWORK

Patient Navigators

The Grand County Rural Health Network has Patient Navigators available to help you with anything that limits you from getting the medical care you need when you need it. They can help with:

- Finding a healthcare provider
- Prescription coverage and affordability
- Understanding your medical bills
- Understanding and managing diagnoses and medications
- Communicating with doctors and specialists

These services are free, and available to residents of Grand and Jackson counties. Call them today at 970-725-3477 for a free appointment!



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.



"Hero's Journey of the Caregiver"

4-Week Online Class for Caregivers

February 16 - March 9, 2021

Tuesdays from 6:00 p.m. to 8:00 p.m.

RSVP by February 12

<https://vintage-heroic-journey.eventbrite.com>

**cpeterson@nwccog.org
970-531-4087**

FREE

Using a multi-media approach (video clips, art, poetry, self-reflection, and discussion), the class will offer opportunities for the inner hero to show up in caregiving and ultimately move through obstacles on this journey.



INFORMATION | RESOURCES | ADVOCACY

Nutrition Education Series

Join Registered Dietitian
Lindsey Hester and learn:

February 25 - 2:30-3pm

How to Keep Your Immune
System Healthy

March 25 - 2:30-3pm

Nutrient Needs as We Age

April 29 - 2:30-3pm

What & What Not to Eat: Tips to
Make Healthy Choices More
Convenient & Accessible

Register for one or all topics in
the series through Zoom @:
<https://tinyurl.com/2021Nutrition>

Or call Erin @ 970-455-1067 for
more information/assistance

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February Recipe: Spinach Beef Biscuit Bake

by Susan Hamilton

Servings: 6

Prep Time: 15 minutes

Cook Time: 25- 30 minutes

Ingredients:

- 1 large tube buttermilk biscuits
- 1 lb. ground beef
- 1/2 cup chopped onion
- 2-3 cloves chopped garlic
- 1 10 ounce pkg frozen chopped spinach, thawed and squeezed dry
- 1 can cream of mushroom soup
- 1/2 cup shredded cheese (mozzarella, cheddar, jack, etc.)

Directions:

Press and flatten biscuits on the bottom and up the sides of a greased 8x8 pan. Set aside. In a skillet, cook beef, onion and garlic until meat is no longer pink. Add spinach, cream of mushroom soup and cheese. Mix well. Spoon into prepared crust and bake uncovered at 375 degrees for 30 minutes or until crust is lightly browned.
Bon appétit!



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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