

High Country Connections

The Grand Seniors' monthly newsletter



In this issue:

Aging Services Survey.....	1
COAST-IT Program.....	2
Tax Help.....	3
Free Legal Assistance.....	4
Emergency Preparation.....	5
March Recipe.....	6

Aging Services Coalition Survey

Grand Seniors at Mountain Family Center is proud to be a part of the Aging Services Coalition of Northwest Colorado. We need your input! As part of the coalition, we are working to identify gaps in services and to implement strategies allowing older adults to live safely and with dignity in our communities. Please take a few minutes to complete this survey and share your feedback on local services for older adults in the following areas: transportation, communication, social engagement and housing. By completing this survey you will have the opportunity to win one of 20 visa gift cards worth \$25 each. The deadline to submit the survey is March 31st, 2021.

Northwest Colorado Health formed the Aging Services Coalition in 2020 to help make sure the needs of the more than 24,000 adults age 50 and older in Northwest Colorado are met. The Coalition is comprised of members from 5 counties: Routt, Moffat, Grand, Jackson, Rio Blanco. Grand Seniors supports the mission of this coalition, and is always striving to meet the needs and fill in gaps for residents in our community, age 60+. Your participation in the survey will help this group of community partners work together to address the needs of our older adult community now and in the future.

To complete the survey online, visit:

<https://www.surveymonkey.com/r/X3GV3Y6>

For a Spanish version, visit:

<https://es.surveymonkey.com/r/C6TC355>

If you would prefer to complete a paper version of the survey, call Grand Seniors at 970-887-3222 and we will send one in the mail.

Thank you for your input!

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
Karen Pojar
Rich Young
Tom Williams
Terry Sidell
Kim Long

**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



Mushrooms

See page 6 for recipe!

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?

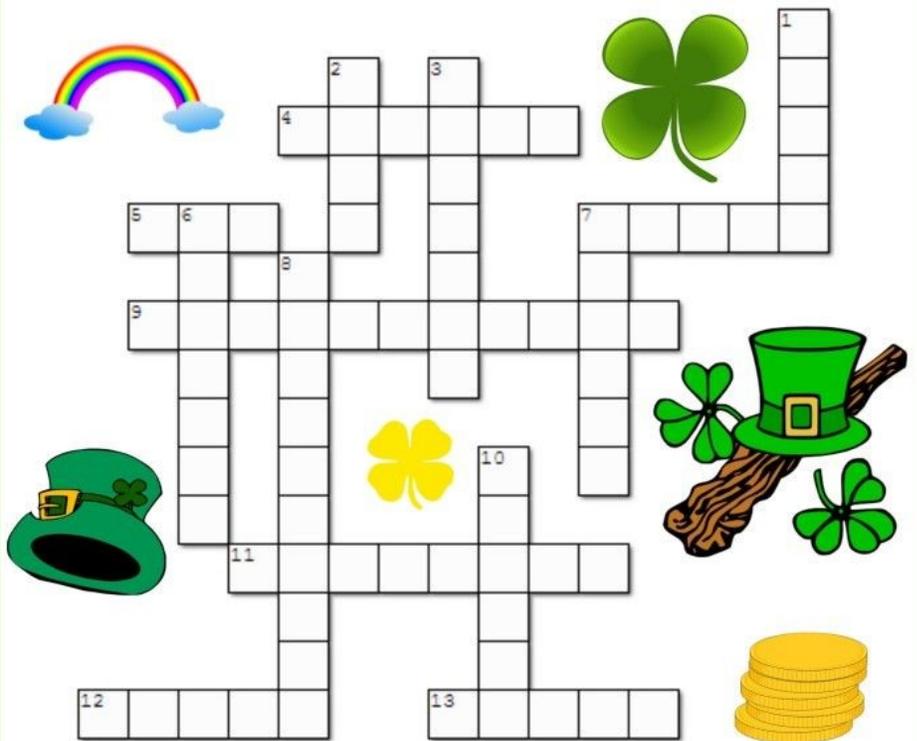
CALL US!



970-887-3222

Happy St. Patrick's Day!

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

- capital of Ireland
- a type of Irish dance
- if you do not wear green on March 17 this will happen
- the day St. Patrick's Day falls on
- the national emblem of Ireland
- yellow and blue make _____
- from Ireland

Down

- the 3rd month of the year
- good fortune
- nonsense or misleading talk
- called the Emerald Isle
- a starchy vegetable
- a sprite
- 4 leaf _____

MYUNENTITLEDLIFE.COM



Multidisciplinary Center on Aging

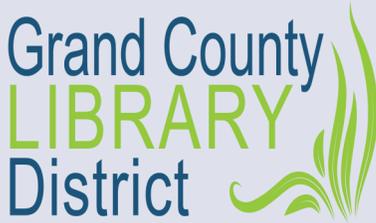
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Connecting Older Adults to Students through Inter- Professional Telecare (COAST-IT)

Would you like to help health professional students improve their communication skills and learn to better serve their older adult patients? Older adults have been significantly impacted by loneliness and social isolation during COVID19. At the same time, health professional students in their first 1-2 years of training have lost opportunities to have interactions with older adult patients. The team at the CU Anschutz Senior's Clinic hosts a social isolation outreach program where students from either the CU Anschutz pharmacy, nurse practitioner or dental medical school programs will pair with an older adult to have weekly to bi-monthly social phone calls. If you are interested in participating, please email jodi.waterhouse@cuanschutz.edu for more information!

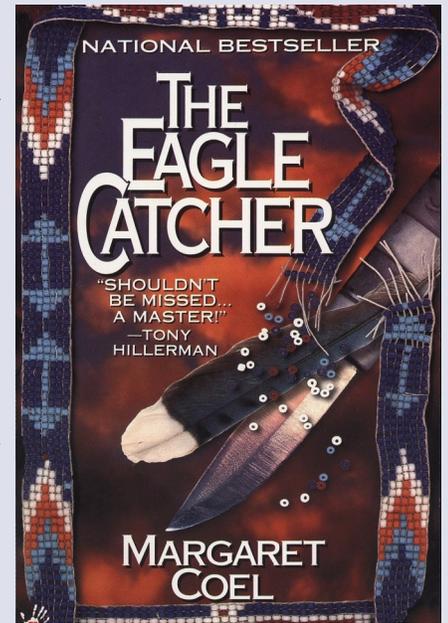
Senior Book Club

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 Eagle Catcher" by Margaret Coel
TUES. March 9th from 1pm-2pm
Granby Study Room 2 (6 person capacity) or join virtually.



TAX HELP

H&R Block Discount



It's tax season again! We have about 6 weeks to go until the April 15th tax filing deadline. If you would like help filing your taxes, and need some assistance covering the cost, H&R Block in Granby has offered to prepare simple tax returns for the **discounted rate of \$59 for Grand Seniors, age 60+!** To take advantage of this service, call H&R Block at 970-887-3753 ASAP to set up an appointment, and mention the Grand Seniors rate. If you have more than a simple return, the cost will be more but you can still receive a discount. Thank you H&R Block for your generous support!

SUPPLIES AVAILABLE

Incontinence Products

Grand Seniors received a donation of incontinence products that are available for free. Please call 970-887-3222 if you or someone you know could use these products.

DROP HUNGER FUNDRAISER

Take a Guess!



Have you seen the crazy refrigerator on the pond by Safeway in Fraser? Mountain Family Center, in partnership with the Fraser River Valley Lions Club, is running our second annual DROP HUNGER fundraiser! Guesses for when the fridge will fall through the ice this spring can be purchased for \$5 each at www.mountainfamilycenter.org, through March 31st! Whoever guesses closest, to the minute, wins half of the total money collected! Mountain Family Center and the food pantries receive the other half.

YOUR INPUT WANTED

Firearms Survey



A focus group at CU Anschutz is conducting a study on firearms and older adults. They would like to know how (or if) firearm owners plan ahead for what to do with their firearms should they develop physical or cognitive impairments, and what resources might be helpful to them in this process. They are looking for volunteers to participate in 30-60 minute interviews to discuss these questions. Interviews will take place by phone or Zoom. All volunteers will receive a \$50 gift card after participating. For more information, contact Evan Polzer at 720-838-6669 or evan.polzer@cuanschutz.edu

FREE Call4All Legal Clinic

Serving Seniors & the Low-Income Community of Northwest CO

Legal Topics Covered:

- Family Law
- Landlord/Tenant Law
- Protection Orders
- Consumer/Collections
- Small Claims

3rd WEDNESDAY of every month

5:00 pm - 7:30 pm

Toll Free Number:

844-404-7400

(Clinic line only answered during clinic hours.)

This call-in clinic provides free one-on-one attorney advice to seniors and low-income community members who do not have attorneys. Volunteer attorneys can answer civil legal questions, help with court forms, and explain the law and procedure for the topics listed above.

This clinic serves:

Grand, Moffat,
Routt, Rio Blanco,
and Jackson
Counties

Jan. 20, 2021

Feb. 17, 2021

March 17, 2021

April 21, 2021

May 19, 2021

June 16, 2021

July 21, 2021

Aug. 18, 2021

Sept. 15, 2021

Oct. 20, 2021

Nov. 17, 2021

Dec. 15, 2021

Please Note: When a volunteer attorney helps you at this clinic, this does not mean they represent you. Also, the advice they give is one attorney's opinion and you are free to discuss your case with another attorney.



**FREE LEGAL HELP
PHONE CLINICS**

Hello



CIDE PRESENTS

EMERGENCY PREPAREDNESS
TRAINING AND EDUCATION SERIES



Photo by Matt Chesin on Unsplash

Be A Hero!
Be Your Own First Responder

Wednesday, April 7, 2021
1 p.m. - 4 p.m.

Training will be virtual via Zoom. The link will be sent after registration.

Sponsored by Vintage

Presented by Julia Beems, CIDE Outreach & Emergency Preparedness Program Coordinator

How do you know if there's an emergency in your community?
What should you do if you're told to evacuate your home?
What should you have with you during an emergency?
What is your emergency plan?

Please join CU Denver's Center for Inclusive Design and Engineering (CIDE), in collaboration with the Northwest Colorado Council of Governments Area Agency on Aging, Vintage, for an emergency preparedness training for older adults, persons with disabilities, their family members and caregivers.

TOPICS COVERED WILL INCLUDE:

- Emergency preparedness basics and specific considerations for individuals who may require more assistance
- What you need to do to be ready for any emergency
- How to develop an emergency plan specific to your needs
- What to include in your personal emergency supply kits

The first 20 individuals to register will receive an emergency kit with 20+ starter supplies!

FOR MORE INFORMATION:

Contact Julia: (303) 315-1284 - or - julia.beems@ucdenver.edu

THIS TRAINING IS FREE

This presentation is open to anyone.
Registration is required.



**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!



Wild Rice, Mushroom and Kielbasa Soup

by Susan Hamilton

Servings: 4

Prep Time: 15 minutes

Cook Time: 20- 30 minutes

Ingredients:

- 1/2 medium onion, diced
- 1 stalk celery, diced
- 1 cup sliced mushrooms
- Kielbasa sausage
- 5 cups low-sodium chicken broth
- 1 cup of wild rice (such as Uncle Ben's Quick Cooking Wild Rice)
- 2 T olive oil
- Salt and pepper to taste



Directions:

Cut Kielbasa in half lengthwise, then slice into 1/2 inch pieces. Put olive oil in heavy stock pot and add Kielbasa. Cook on medium until lightly browned. Add onions, mushrooms and celery. Cook until celery and onions are soft. Add chicken broth and bring to a boil. Add wild rice (and flavor packet if rice came with one). Turn heat down to medium-low, cover and cook until rice is tender, about 20-30 minutes. Enjoy!



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.

Standard Mail
U.S. Postage
PAID
Permit #20