



High Country Connections

The Grand Seniors' monthly newsletter



We'll Miss You, Andy!

Grand Seniors Driver, Andy Cuff, and his family, are off on new adventures! They will be relocating to South Dakota and his last day with Grand Seniors was August 18th- when he drove both the bus AND pontoon boat for our outing! Needless to say, we are going to miss him! If you have memories or well wishes you would like to share with Andy, please email Susan at grandseniors@mountainfamilycenter.org and she will pass them along. Thanks for all your years of driving, compassionate care and words of wisdom, Andy! We wish you the best!



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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:

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



Apples

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, Routt 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

Autumn Word Search

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

ACORN	FAMILY	SCARECROW
APPLE CIDER	HAYRIDE	SMORES
AUTUMN	LEAVES	TURKEY
BONFIRE	PUMPKIN	THANKS

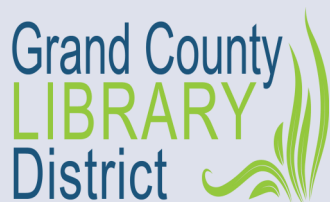
Fun on the Lake

We had a great time on the pontoon boat ride on Lake Granby on August 18th! Thanks so much to all who attended, and to Beacon Landing Marina for hosting our group!



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 to register, contact Barbara Harris at 970-887-8992 or barbara.harris77@gmail.com



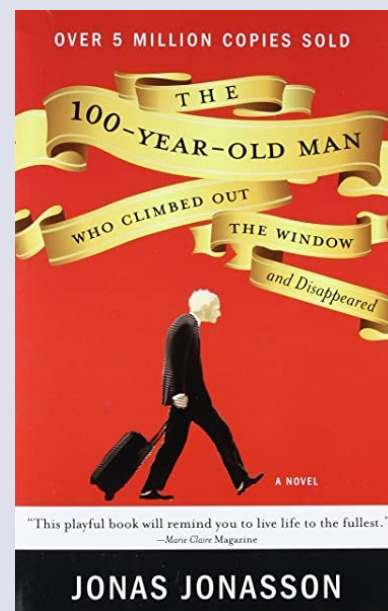
This month's title:

"The 100-Year-Old-Man Who Climbed out the Window and Disappeared"

by Jonas Jonasson

TUES. Sept. 14th from 1pm-2pm

And check out next month's title..."Lie Down with Lions" by Ken Follet.



GROCERY ASSISTANCE

Bountiful Baskets

Last month we announced our Bountiful Baskets program. We have had great response and just wanted to clarify a few points!

- There is not a set list of items that will be available each week. It depends on what we have in stock and will vary. We cannot take special orders, but are happy to offer from what we have available.
- This is a supplemental nutrition program for those who cannot provide adequate nutrition for themselves, due to financial or logistical barriers (such as not being able to drive and nobody to help deliver groceries).
- Bountiful Baskets items can be received only once per week. If you are needing additional food assistance, we recommend that you utilize the Mountain Family Center food pantry.
- Call 970-887-3222 or email grandseniors@mountainfamilycenter.org with any questions!

RESOURCE DIRECTORY

AgeWise Colorado

Did you know about AgeWise Colorado? This is an online database of service providers, information and resources for older adults in Colorado! The website is easy to navigate and you can find information about in-home-care, transportation and mobility, legal assistance, technology, housing and more. They also have fun articles and stories about a variety of topics. To access the website, visit www.agewisecolorado.org!



MENTAL HEALTH

Hike for Life



On Sunday, September 12th Grand County will hold its first annual "You Are Not Alone" hike for suicide prevention and awareness. The event will take place from 2:00-5:00pm at Snow Mountain Ranch at the Leggett Building. There will be a short easy loop or a 3 mile loop hike. All community members are encouraged to attend and there will be sitting areas available for those who can't hike. There will be music and other ways to remember loved ones lost to suicide and reflect on your own mental health. Food and beverages also provided! For more information or to register visit healthygrandcounty.org/events and look for the hike on the September events calendar.

Kremmling Senior Meals

Grand County has resumed Senior Meals at the Kremmling meal site at Silver Spruce, two days per week. Suggested donation is \$3.00 per meal and reservations are required. Call 970-724-9730 at least 48 hours in advance to reserve your spot for the meal.

Limited transportation is available through Grand Seniors to the meal site. If you would like to attend and need a ride, please call 970-887-3222 **at least 3 business days** in advance! We will provide rides based on availability.



GRAND COUNTY SENIOR NUTRITION

Menu for Kremmling

September 2021

Tuesday	Thursday
	2nd Lemon Parmesan Salmon Steamed Brown Rice California Blend Vegetables Apple Cranberry Coleslaw Oatmeal Raisin Cookie
7th Beef Stroganoff Roasted Brussel Sprouts Beets Apricots Biscuit	9th Chicken Salad Sandwich Lettuce and Tomato Confetti Slaw Strawberry Applesauce
14th Meatloaf with Gravy Baked Potato Seven Layer Salad Waldorf Salad	16th Balsamic Glazed Chicken Quinoa Pilaf Strawberry Spinich Salad Orange
21st Cheese Burger Lettuce, Tomato, Pickle Baked Beans Potato Salad Watermelon	23rd BBQ Shredded Pork Ranch Style Beans Carrifruit Salad Honeydew Cilantro Salad
28th Shepherd's Pie Tossed Salad Steamed Broccoli Cinnamon Apples Whole Wheat Bread	30th Roast Beef /Gravy Mashed Potatoes Asparagus Apricot Peach Compote OJ Whole Wheat Bread

Meals are served with coffee, tea and milk.

Suggested Donation for meal is \$3.00 for Seniors over 60.

Guests are welcome for a fee of \$14.00

All donations directly support this meal site and enable continuation of this nutrition program.

LEAVE A MESSAGE FOR RESERVATIONS 48 HOURS IN ADVANCE

For meal reservations in Kremmling call 970-724-9730.

JOIN OUR RESEARCH STUDY AND RECEIVE A \$50 VISA GIFT CARD!

We want to help older adults in Colorado better access public benefit programs to help them buy food, heat their homes, and pay for healthcare.

About Us

Benefits Data Trust (BDT) is a national nonprofit that helps people live healthier, more independent lives by creating smarter ways to access essential benefits and services. We're launching a research study to see how we can better help older adults in rural and frontier communities access assistance programs like the **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as food stamps.

Why We Need You

Your insight will help us develop new tools and ways to connect older adults with public benefits and services (food and housing assistance, medical savings, etc.) that they are likely eligible for.

We are looking for people to interview about their understanding of and experiences with public benefits.

Interview Details

Must be **50 years or older** to participate.

Interview will only be approximately 30-60 minutes total, conducted over the phone or online at a time best for you.

*Each participant
will receive a
\$50 Visa gift card*

To participate, contact:

Urszula Pruchniewska
Senior UX Researcher
Email: upruchniewska@bdtrust.org
Call: 267-499-3770



Easy Baked Apple Chips

Recipe by wellplated.com

Servings: 3 cups

Total Time: prep 20 min
cook 2.5 hour

Ingredients:

- 3 large sweet, crisp apples
- 3/4 t ground cinnamon
- Optional: 1 t white or brown sugar



Directions:

Place racks in the upper and lower thirds of your oven and preheat to 200 degrees. Line 2 baking sheets with parchment paper. Wash and core the apples and slice into thin 1/8" slices. Arrange apples slices in single layer on baking sheets, sprinkle both sides with cinnamon (and sugar if using). Bake for 1 hour, then switch baking sheets position on upper and lower racks. Continue baking 1.5 hours, until single chip removed from the oven is crisp after sitting for 2-3 minutes. Turn off the oven and let apple chips sit in oven for an additional hour, to desired crispness. Enjoy with yogurt, oatmeal, or all by themselves!

Do you have a recipe you'd like to share in the High Country Connections? Email it to katie@mountainfamilycenter.org or mail to Grand Seniors, PO Box 638, Granby CO 80446.

**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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