

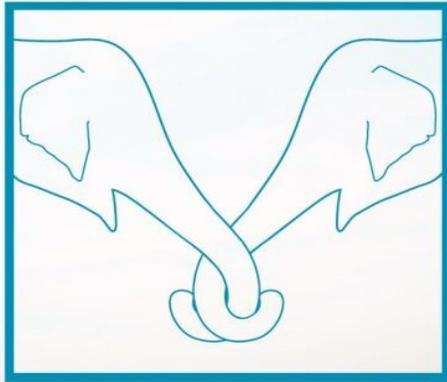


High Country Connections

The Grand Seniors' monthly newsletter



Home Health and Hospice in Grand County



NAMASTE
HOME HEALTH • PALLIATIVE CARE • HOSPICE

Home health and hospice services have returned to Grand County through the Denver-based company “Namaste”. **Namaste Home Health + Hospice** is a Medicare and Medicaid certified home healthcare and hospice agency that has been serving the greater Denver area since 1998. When the agency heard that Grand County was not receiving these important services, they made a plan to address the need, and began operating in Grand as of July, 2021.

According to their website, Namaste offers the following services:

Home Health – a broad spectrum of healthcare services that are delivered in your home for rehabilitation, an illness, or an injury. The goal of Home Health is to restore our patients to a prior level of function; helping them regain their independence and self-sufficiency. Treating illnesses and injuries in the home allows our patients the opportunity to recover in their most natural and comfortable environment.

Palliative Care – an ongoing conversation, one with specialists in chronic illness and end of life care. Namaste’s Palliative Care Program offers a safe place to process illness with a collaborative team of medical professionals. The Namaste team also collaborates closely with a patient’s primary care clinic or specialist to make recommendations as they are seeing the patient regularly in their home setting.

Hospice – a philosophy aimed at providing palliative (comfort) care to patients in their end-of-life stages. Every effort is made by the hospice team to provide maximum physical comfort for the patient. Once the patient is comfortable, the hospice team then focuses on preparing the patient and loved ones emotionally and spiritually for death, as well as support loved ones after their loved ones die.

To learn more about Namaste’s services, call **970-744-3996** or visit **www.namaste-health.com**. Namaste is also hiring for various roles within the agency, including Certified Nurse Assistant, Social Worker, Physical Therapist, Chaplain and more. Call 970-744-3996 if you are interested in applying.

In this issue:

Namaste Grand County.....	1
Fall Hayride Fun.....	2
Train Ride.....	3
Kremmling Lunch Menu.....	4
Senior Planet Hotline.....	5
Oct. Recipe Highlight.....	6

Grand Seniors Team

Helen Sedlar
Executive Director

Missy Posey
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
Kevin Jones

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



Pumpkin

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

Did You Know...

Have you ever wondered why we carve pumpkins into jack-o'-lanterns at Halloween? According to Encyclopedia Britannica, the origins come from an Irish myth about Stingy Jack, who tricked the devil for his own monetary gain. When Jack died, God didn't allow him into heaven, and the devil didn't let him into hell, so Jack was sentenced to roam the earth for eternity. In Ireland, people started to carve demonic faces out of turnips to frighten away Jack's wandering soul. When Irish immigrants moved to the U.S., they began carving jack-o'-lanterns from pumpkins, as these were native to the region!



Autumn Hayride

We had so much fun at the hayride and luncheon at Winding River Resort! Thank you to our gracious hosts, Wes and Marcia House.



Senior Book Club

We wish to welcome adults of all ages who would like to join this afternoon book club to escape the daily grind, participate in reading adventures, and share thoughts and ideas about the book selection of the month. If you don't have time to read the selected book, join us anyway, in-person or via Zoom, for friendly conversation. You just might be persuaded to read next month's book! For more information, or to register, contact Barbara Harris at 970-887-8992 or barbara.harris77@gmail.com



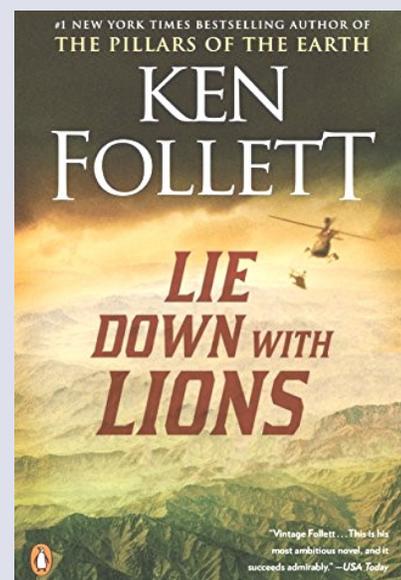
This month's title:

"Lie Down with Lions"

by Ken Follet

TUES. Oct. 12th from 1pm-2pm

Granby Library Teen Library Room



And check out next month's title... "Half of a Yellow Sun" by Chimamanda Ngozi Adichie

TRAIN RIDE

Georgetown Loop

Join Grand Seniors for a ride on the historic Georgetown Loop railroad! On Tuesday, October 12th we will travel to Georgetown and board the train for a 1 hour loop through the beautiful Rocky Mountains! We hope to catch the tail-end of the fall colors!

After the train ride, we will make a stop in Georgetown for lunch, and 30 minutes of shopping for those who wish to walk around.

Cost is \$25 per person and includes transportation, train ride and lunch. Space is limited to 10 participants. RSVP by Friday, October 8th. Call 970-557-3186 to reserve your spot today!



THRIFT STORE

Main Street Thrift

Did you know that Main Street Thrift Store in Granby is part of Mountain Family Center? The non-profit thrift store serves as a fundraising opportunity for Mountain Family Center's programs and services, and provides clothing, household items and other essentials at no cost to those in-need in the community.

Operating hours for the thrift store are Mon/Wed/Thurs/Fri from 10am-5pm, Tues 10am-3pm and Saturday 10am-4pm.

Donations are accepted Mondays and Thursdays from 10am-3pm. Due to limited space, the store can only accept 2 bags or boxes per person, per visit. Donations accepted include clothing, household items and small furniture. For a full list of acceptable items please visit www.mountainfamilycenter.org/main-street-thrift.

MAKERS NEEDED

Crafts for a Cause

The Grand Seniors shelves in Main Street Thrift are running low! This is where we sell items that have been made and donated by Grand Seniors members, or other community members, with proceeds going towards senior outings, activities and events.

If you are skilled at a craft and would like to make an item for the store, or if you are interested in TEACHING a craft, where we can make items as a group for the store, let us know! Please contact katie@mountainfamilycenter.org or call 970-557-3186 and ask for Katie. Fall and winter are WONDERFUL times for crafts!



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 October 2021

Tuesday	Thursday
5th Pork Chop Scalloped Potatoes Beets Applesauce Topped Spice Cake Whole Wheat Bread	7th Fish Veracruz Cilantro Lime Rice Broccoli Slaw Steamed Carrots Grapes Whole Wheat Bread
12th Spaghetti Squash with Sausage Tossed Salad Orange Garlic Bread Pineapple Upside Down Cake	14th Beef and Bean Burrito Chicken Green Chile Mexi Corn Pears
19th Sloppy Joes Sweet Potato Fries Creamy Coleslaw Peach Cobbler	21st Chicken Marsala Spaghetti Italian Blend Vegetables Mixed Fruit Cup Whole Wheat Bread
26th Tuna Salad Wrap Lettuce and Tomato Cream of Potato Soup Tropical Fruit	28th Roast Beef Mashed Potatoes and Gravy Broccoli Apricot Peach Compote 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



Need help getting online? Call our FREE hotline today!

720-776-0233

Have a question about your smartphone? Need help buying a new tablet or computer? Look no further than the Senior Planet from AARP in Colorado hotline, where a patient technology trainer will answer your questions!

You can also receive information on Senior Planet's FREE virtual programming. We offer interactive classes on Zoom, telemedicine, online shopping, and much more. Join a social gathering or take a fitness class. Learn something new and make friends today!

Hotline hours: Monday - Friday, 9:30am - 4:30pm MT

Senior Planet from AARP helps people age 60+ learn to use technology to reach their goals, find community, and thrive in the digital world. Learn more at www.seniorplanet.org/colorado



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!



Pumpkin with White Beans and Bacon

Recipe by Real Simple

Servings: 4

Total Time: 25 minutes

Ingredients:

- 4 slices of bacon
- 1 small sugar pumpkin (or butternut squash)
- 1 cup low-sodium chicken broth
- 1 T chopped fresh oregano or 1 t dried oregano
- Salt and pepper
- 1 15.5 oz. can cannellini (white) beans, rinsed
- 1 T red wine vinegar (optional)



Directions:

Cook the bacon over medium heat until crisp, 6 to 8 minutes. Transfer to a plate with a slotted spoon; let cool, then break into pieces. Reserve 1 T bacon drippings in the skillet. Add the pumpkin to the drippings in the skillet; cook, stirring occasionally, until browned, 5 to 7 minutes. Add the broth, oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover and cook, stirring occasionally, until the pumpkin is tender, 6 to 8 minutes more. Add the beans and vinegar and heat through, 2 minutes. Top with the bacon.

Nutrition Facts Per Serving: 149 calories; fat 5g; saturated fat 2g; cholesterol 10mg; sodium 502mg; protein 7g; carbohydrates 19g; sugars 3g; fiber 3g; iron 2mg; calcium 59mg.



Grand Seniors at Mountain Family Center

Providing resources and services 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

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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