



High Country Connections

The Grand Seniors' monthly newsletter



Need help paying for heat this winter?



The LEAP program may be able to help



ABOUT LEAP

The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs.

The LEAP program works to keep our communities warm during the winter (November through April) by providing assistance with heating costs, equipment repair and/or replacement of inoperable heating tools. While the program is not intended to pay the entire cost of home heating, it aims to help alleviate some of the burdens that come with Colorado's colder months.

In most cases, the energy assistance benefit is paid directly to the household energy supplier. The program does not provide financial assistance for any type of temporary or portable heating.

ELIGIBILITY

If your income is up to 60% of the state median income level, you may qualify for heating assistance through LEAP. This means a maximum gross monthly income of \$2,759 for a household of one and \$3,608 for a household of two. For full guidelines visit cdhs.colorado.gov/leap

APPLYING FOR LEAP

You can apply for LEAP online by following instructions at cdhs.colorado.gov/leap or Mountain Family Center (MFC) can help you fill out a paper application. If you are interested in learning more, or applying, call MFC at 970-557-3186 and ask for Linda, or email linda@mountainfamilycenter.org

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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



Cranberries

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

A Little Bit of Grand County History

What a treat! Local Grand Lake resident and history-buff Steve Batty has offered to share some of the fascinating stories, articles, photos and tid-bits related to Grand County history that he's collected over the years, and continues to collect! You can access Steve's blog online at <https://lakeverna.wordpress.com/> to learn more about him and read all of his posts! In the meantime, here is a teaser from one story about saving a historic summer cabin in Grand Lake. You can read the full story on Steve's blog, and look for more stories in the High Country Connections newsletter in coming months!

“The Village of Grand Lake, (GL) was a pretty difficult place to live after the three silver mines that spurred its existence failed in the early 1880s. Those who stayed to tough out the harsh winter weather eventually found themselves living in an early summer tourist destination. When the first train arrived in Granby in 1905 from Denver, the three-day trek from Denver to Grand Lake turned in to one long day. What a boost for the GL area. Then, once the road was improved over Berthoud Pass and automobiles grew stronger, even more tourists started arriving. So much so that P.H. Smith and his son-in-law Clyde Eslick built the first motel. Now referred to as the Cottage Court. To accommodate the additional interest in GL, individual small log cabins were starting to appear...The story I'm going to recount is about one of those old summer rental cabins located at 829 Park Ave., just one block north of Grand Ave...”

Georgetown Loop

Our train ride on the Georgetown Loop turned out to be a trip through a winter wonderland, complete with cold temps and SNOW! But we were bundled and prepared, and had so much fun! Lunch afterwards at the Happy Cooker in Georgetown was also delightful!



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

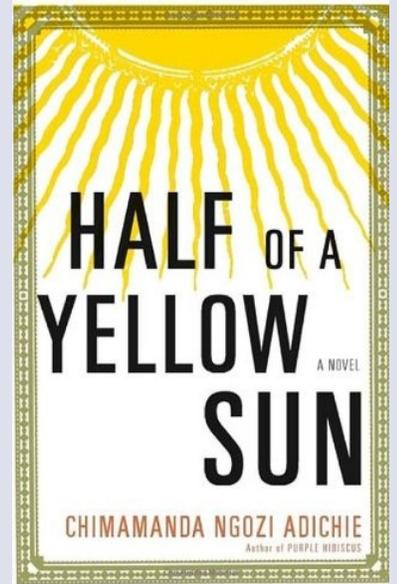


This month's title:

"Half of a Yellow Sun"

by Chimamanda Ngozi Adichie

TUES. Nov. 9th from 1pm-2pm



And check out next month's title... "The Deal of a Lifetime" by Fredrik Bachman

EXPLORE NATURE

Plant ID App

Thanks so much to Grand Senior member Paisley for sharing a neat and helpful PLANT IDENTIFICATION APP with us! Paisley has lived in Grand County for many years and through self-teaching, has learned to identify many local plants. She says this app has allowed her to expand her knowledge even more, and that "if she can learn to use it, anyone can!" The app is called "Plant Net" and can be downloaded for free on both Apple and Android phones. Using your phone's camera, the app lets you take pictures of a plant, then identifies it and gives information within seconds! Give it a try with the plants around your own home!



COMMUNITY ENGAGEMENT

CO Alzheimer's Plan



The Colorado Department of Public Health and Environment is hosting a community engagement session to gather input for their state plan to address Alzheimer's Disease and Dementia. Input and guidance from those living with or providing care for those with Alzheimer's or Dementia will help to shape the plan and activities. They ask that community members join the Zoom session on Tuesday, November 16th from 12-2pm. Participants will be eligible for a \$50 gift card! To register for the session or get more information, email Amy Dyett at dyett@ad-solutions.org

WEEKLY LUNCH

Lunch at Sagebrush

Did you know that Sagebrush BBQ & Grill in Grand Lake hosts a weekly lunch for residents age 60+? You don't have to live in Grand Lake to join- all are welcome! The lunch gatherings are Wednesdays at 11:30am. Cost is \$8.00 per person and includes an entrée from the menu and beverage. The group has been meeting for several years now, and would love to see you there! No sign-up or RSVP required. Call Grand Seniors at 970-887-3222 or Sagebrush at 970-627-1404 with any questions.



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 November 2021

Tuesday	Thursday
2nd BBQ Pulled Pork Hot Bean Casserole Broccoli/Cauliflower Fresh Waldorf Salad Whole Wheat Bun	4th Maple Glazed Salmon Roasted Rosemary Potatoes Brussel Sprouts Orange Slices Whole Wheat Bread
9th Roast Beef/Gravy Baby Carrots/New Potatoes Broccoli Bread Pudding Whole Wheat Bread	11th NO MEAL SERVED 
16th Turkey Corn Bread Dressing Herbed Green Beans Cranberry Sauce Pumpkin Bars	18th Enchilada Pie Pinto Beans Lettuce/Tomato Mexi Corn Fresh Fruit Salad Whole Wheat Bread
23rd Honey Curry Chicken Confetti Rice Zucchini and Pepper Apple, Bran Muffins	25th NO MEAL SERVED 
30th Chili Dog Corn Cottage Cheese Pears, Whole Wheat Bread	

Meals are served with coffee, tea and milk.

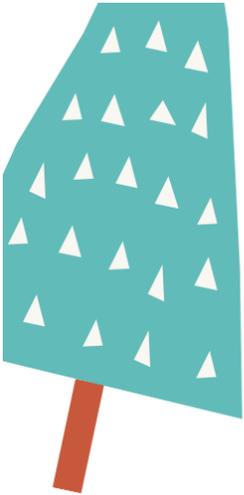
Suggested donation for meal is \$3.00 for Seniors over 60.

Guests are welcome for a fee of \$14.00

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

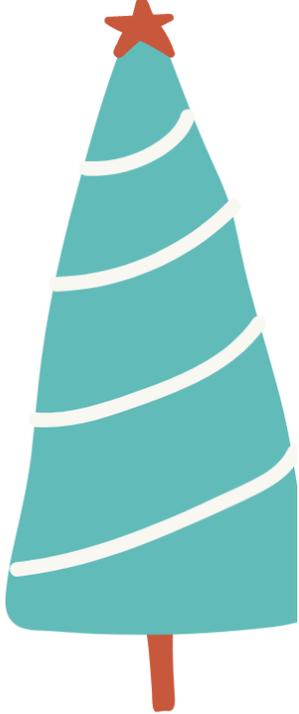
LEAVE A MESSAGE FOR RESERVATIONS 48 HOURS IN ADVANCE

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



You're Invited...

GRAND SENIORS HOLIDAY PARTY!



We are excited to be able to gather this year for our annual HOLIDAY PARTY! Join us for lunch, a performance by the Granby Elementary Minnesingers, gift bags and exciting raffle drawings! Attendance is free, but RSVP is required!

WEDNESDAY | DECEMBER 8 | 12-2 PM
GRANBY COMMUNITY CENTER, 129 N. 3RD ST. GRANBY

RSVP BY DECEMBER 1ST
970-887-3222

OR
GRANDSENIORS@MOUNTAINFAMILYCENTER.ORG

RSVP required to ensure enough food for all!



YOUR VINTAGE

Medicare Open Enrollment

October 15th to December 7th



New Advantage Plans may be available in your area!

It is important to us at Vintage that you have affordable health coverage that you can easily understand. We want your coverage to fit your unique lifestyle.

Open Enrollment is the time of year to:

- Review your Medicare coverage and make sure it's a good fit.
- Change your current plan to suit your needs.
- Sign up for a Medigap Supplement, Advantage plan, or Part D drug plan if you do not have one.
- Learn about preventative services you may qualify for at no extra cost.

Want to learn more?

Reach out to us to make an appointment with a Medicare Counselor in your area. Serving Summit, Eagle, Grand, Pitkin, and Jackson County
Visit us online: Yourvintage.org
Call us: 970-315-1329



Utility Scams

**Recognize,
Refuse,
Report!**

**Call us
Monday–Friday,
9 a.m.–4 p.m.**

**800-222-4444
Option 2**



Scammers follow the news and different trends, but can you believe they even follow the weather too?! When temperatures rise or fall scammers take advantage of heating and cooling needs of consumers. Utility scammers commonly pose as someone who works for your gas, water or electric company. These scams can be very tricky because they often know your name, address and the correct name of your utility provider. They also work to convince you they hold important resources like your heat and water in their hands.

Please note the following “red flags” of utility scams:

- An unsolicited and often threatening phone call requesting immediate payment or your utilities will be shut off.
- A request for payment via wire transfer, prepaid gift card, cryptocurrency or other unusual method.
- Text messages or emails from unfamiliar sources requesting you contact them about your utility bill.
- Unannounced workers who show up at your door and offer to solve a problem or provide an inspection that was never requested.
- Requests for personal information such as your bank account or credit card numbers that are likely already on file with your legitimate utility provider.

If you receive a suspicious contact from someone who claims to be with your utility provider, disengage and contact your known provider using known contact information. Regardless of how threatening they are do not panic and provide personal/financial information or access to your home. Additionally, it is a good idea to notify local authorities and your neighbors to alert them of the latest scheme. Stay safe this winter!

800-222-4444

Denver Metro Area
303-222-4444

www.aarpelderwatch.org

October 2021

Leftover Turkey and Swiss Panini

Recipe by The Pioneer Woman

Servings: 4

Total Time: 15 minutes

Ingredients:

- 8 slices Sourdough or other bread
- 1 1/2 cups leftover turkey, shredded
- 1/2 cup leftover cranberry sauce
- 1/4 cup chopped pecans
- 8 slices Swiss cheese
- 4 T Dijon mustard
- 2 T fig or apricot jam
- 8 T butter



Directions:

Spread all bread slices on one side with fig spread and Dijon. Top four slices with turkey. Mix together cranberry sauce and pecans and spread over the turkey. Top with slices of Swiss cheese. Top with other four slices of bread with the jam/Dijon side down. Spread both sides generously with softened butter and toast in the panini press (or in a heavy skillet, pressing with a spatula as they cook.) Slice in half, serve and enjoy!

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

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
8:30AM 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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