



# High Country Connections

The Grand Seniors monthly newsletter



## Grand Seniors Committee

Each year comes with highs and lows, and for many of us, 2021 was no different! As we enter a brand new year, it's a good time to reflect on what's behind us, and most importantly, look forward to what's ahead! No matter our age, each year- and each day- holds new possibilities. At Grand Seniors, we want to help you accomplish your goals, optimize your health and wellness, and live your best life in this beautiful place we call home!

Grand Seniors currently offers transportation in- and out-of-county, grocery and prescription delivery, food pantries through Mountain Family Center, social outings, dental and vision assistance, resource referral and more. We would like to hear from YOU about other services, activities and programs you would like to see! To help facilitate this process, we will be starting our "Grand Seniors Committee" again! If you are interested in hearing about what's going on and helping brainstorm and plan activities, consider joining the committee! We plan to meet the **FIRST THURSDAY OF THE MONTH FROM 10AM-11AM** in the Grand Seniors room at Mountain Family Center, starting **Thursday, February 3rd**. If you are interested in attending, let us know! You can call us at 970-887-3222 or email [katie@mountainfamilycenter.org](mailto:katie@mountainfamilycenter.org)! We can also look into a Zoom or other online option for those who would prefer to join virtually.

To all of our Grand Seniors community, we wish you a very Happy New Year and look forward to seeing you in 2022!

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## Grand Seniors Team

**Helen Sedlar**  
Executive Director

**Missy Posey**  
Transportation Coordinator

**Katie Stuvell**  
Community Programs Mgr

**Client Services Drivers:**  
Karen Pojar  
Rich Young  
Tom Williams  
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

## Birdwatching: Species of the Month

(each month we will highlight a species that is commonly found in Grand County. See if you can spot all 12 birds throughout the year! If you capture a picture, please share!)



*Black-billed Magpie*

## 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

This gigantic word search has more than 50 “wintry” words, going in every direction! See if you can find them all! Answer key on page 3.



- |               |               |                |                 |
|---------------|---------------|----------------|-----------------|
| avalanche     | gloves        | January        | slippery        |
| blanket       | hail          | Kwanzaa        | slush           |
| blizzard      | Hanukkah      | lunar new year | snowball        |
| chimney       | heater        | melt           | snowboard       |
| Christmas     | hibernate     | migrate        | snowdrift       |
| coat          | hockey        | mittens        | snowflake       |
| cold          | holidays      | New Year's Day | snowman         |
| December      | hot chocolate | quilt          | snowmobile      |
| earmuffs      | ice fishing   | scarf          | snowplow        |
| February      | ice skates    | shovel         | snowstorm       |
| fireplace     | icicles       | skiing         | sweater         |
| freeze        | igloo         | sled           | vacation        |
| freezing rain | Jack Frost    | sleet          | Valentine's Day |
| frigid        | jacket        | sleigh         |                 |

## Holiday Party

We were so happy to gather for our Grand Seniors holiday party in December! We enjoyed a delicious meal, raffle drawings and a performance by the Granby Elementary Minnesingers! Thank you to all who donated and volunteered, including Pearl Dragon, Maverick's Grille, High Country Autumn's Nest, Country Ace Hardware and Grand Fire Protection District No. 1!



# Senior Book Club

With the Grand County Library District's Senior Book Club on a break until April, Grand Seniors would like to offer our own book club in the meantime! Please join us in the Grand Senior's room at Mountain Family Center (480 E. Agate Ave in Granby) on **Wednesday, January 26th at 2:00pm** to discuss book



options (we are open to suggestions!) and optimal date and time for February's book discussion meeting. If you would like to participate but don't feel comfortable meeting in person, please email [katie@mountainfamilycenter.org](mailto:katie@mountainfamilycenter.org) and we will look into Zoom or another virtual option.

## HELP WITH HEAT

### Colorado LEAP



Welcome to the Colorado Low-Income Energy Assistance Program (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. 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. You can apply for LEAP online by following instructions at [cdhs.colorado.gov/leap](http://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 Linda at MFC at 970-557-3186.

## VISION ASSISTANCE

### Vision Vouchers



Mountain Family Center, in partnership with the Fraser River Valley Lions Club, has vision vouchers available for 2022! 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.

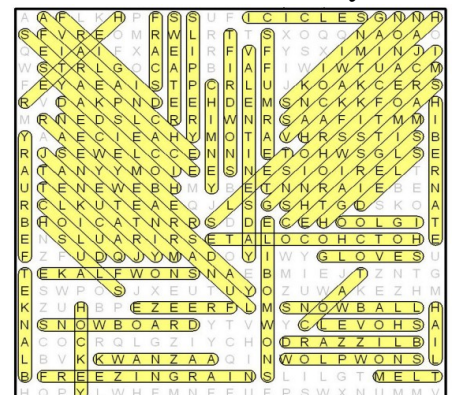
Contact 970-557-3186 or [katie@mountainfamilycenter.org](mailto:katie@mountainfamilycenter.org) for more information.

## THE MORE YOU KNOW

### Alzheimer's Education

Jewish Family Service and the Boulder Jewish Community Center (JCC) will be presenting an Alzheimer's Education series in January, February and March. The first Zoom presentation is "Understanding Alzheimer's and Dementia" and will take place on **January 25th at 12pm**. They will talk about the difference between Alzheimer's and Dementia, disease stages and risk factors, current research and treatments and Alzheimer's Association resources. To register for the virtual presentation, visit [boulderjcc.org](http://boulderjcc.org) or call Boulder JCC at 303-998-1900 or Grand Seniors at 970-887-3222.

## Word Search Answer Key



# 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 January 2022

Tuesday	Thursday
4th Stuffed Peppers Mixed Vegetables Melon Raisin Nut Cup Whole Wheat Bread	6th Oven Baked Fish Brown Rice Florentine Broccoli Mixed Fruit Whole Wheat Bread
11th Baked Steak Teriyaki Mashed Potatoes Green Beans Banana Whole Wheat Bread	13th Chicken Cacciatore Pasta Chopped Spinach Tossed Salad Apricots
18th Hot Beef Sandwich Mashed Potatoes/Gravy Spinach Strawberry Jello Salad Apple Whole Wheat Bread	20th Ham and Beans Broccoli Carrots Cornbread Peanut Butter Cookie
25th Vegetable Soup Tuna Salad Sandwich Lettuce/Tomato Whole Wheat Crackers	27th Chicken Broccoli Alfredo Caesar Salad Banana Apple Crisp

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.

### **Recognize, Refuse, Report!**

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

**800-222-4444**  
Option 2



The start of a new year often means creating resolutions. Why not make your resolution to stay scam free this year? While scams can take various forms, there are often “red flags” that are common to many scams. Recognizing red flags will help you avoid new and old scams alike. The following are some common red flags that are indicative of many current scams out there today:

- You are asked to send payment in a non-traditional way, such as via pre-paid gift card, peer-to-peer payment app or crypto-currency
- You receive an unsolicited phone call or text message from a government agency, business or other entity that is unexpected and unprofessional often asking you to provide payment or other information
- You are requested to provide or verify critical information such as a bank account number, Medicare number or your Social Security number
- The request is urgent in nature, often with a timeline to ensure there is not time to verify its legitimacy
- The offer seems “too good to be true” or not in line with market value for the product or service
- There is little or no contact information for the organization and third-party reviews are limited or don’t exist

Aside from recognizing red flags, one of the best ways to stay scam free this year is to “trust your gut.” If something doesn’t sound right, don’t go along with it. If you have a question about a fraud or scam contact an AARP ElderWatch volunteer specialist for information and assistance. Stay Scam Free in 2022!

**800-222-4444**

Denver Metro Area  
303-222-4444

[www.aarpelderwatch.org](http://www.aarpelderwatch.org)

January 2022

## Meal Vouchers Available

Grand County Senior Nutrition is offering a new program aimed at encouraging seniors to find a friend and go out to lunch! Each week, \$15 vouchers for a rotating list of local restaurants will be available for pickup at Mountain Family Center in Granby. This program is for those most in need, who might not otherwise be able to afford to go to lunch. One voucher is offered per person, per week, and participants must be at least 60 years old and fill out an assessment. Individuals may only pick up their own voucher, spouses excepted.



To use, simply visit the restaurant during the assigned dates and present the voucher. You may order from the menu, either dine in or carry out. Your host will add tax and tip. No cash balance will be given. No alcohol purchases. Any purchase over \$15 must be paid by you, from your own funds. Vouchers are not transferable.

This program will continue until the funds are depleted. Only 15 vouchers are available for distribution each week, and are distributed on a first-come, first-served basis. For more information or to request a voucher, call Grand Seniors at 970-887-3222 or stop by our office in the Mountain Family Center building at 480 E. Agate in Granby, M-Th 8:30am-2:00pm.

## 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](http://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 Thursday  
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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