



# High Country Connections

The Grand Seniors monthly newsletter



## Let's Have Lunch!

Sharing a meal together is a great way to catch up with old friends and get to know new ones! While there are still some wonderful senior lunch gatherings in Grand County, including the weekly Wednesday lunch at Sagebrush in Grand Lake and the Tuesday/Thursday lunches at Silver Spruce in Kremmling, the pandemic unfortunately put a hold on other offerings such as the Granby lunch. Restaurant vouchers offered by Grand County Senior Nutrition (see page 6) are another great option for those who could benefit from supplementary meals!

Starting in March, Grand Seniors is excited to try out an additional lunch option! We will be getting together for lunch **every Thursday at 11:30am at Snow Mountain Ranch!** This beautiful YMCA facility located between Granby and Tabernash serves a daily buffet-style lunch to their guests and has invited Grand Seniors to join in on Thursdays! They are offering a discounted price of \$8.50 per person (Grand Seniors can help cover the cost for those with verified need). When the weather is nice, we will also take walks on the trails or do crafts/activities outdoors after lunch!

Transportation from Mountain Family Center is available, as well as limited home pick-up in the Granby area. If you would like to attend lunch and need help with transportation or financial assistance, give us a call!

We hope you join us for our first lunch on **Thursday, March 3rd!** Meals are served in the Schlessman Commons Building. Follow the signs when you enter Snow Mountain Ranch, or call us for directions. See you there!

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## Grand Seniors Team

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Granby, CO 80446

This newsletter is funded in part by Vintage, our Area Agency on Aging.  
**Thank you Vintage!**



## 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!)



*Mountain Chickadee*

## 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 business 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

Valentine's Day is Monday, February 14th!

Happy Valentine's Day and lots of love from Grand Seniors!



## New Vehicle!

Grand Seniors at Mountain Family Center has received funding from NextFifty Initiative, a Colorado-based foundation that supports efforts to improve the lives of older adults and their caregivers. This funding has



allowed us to purchase our new Honda Pilot! Grand Seniors provides rides for non-emergent medical appointments, grocery store visits and other essential trips. With the addition of this vehicle, we are able to retire older vehicles in our fleet and continue providing transportation to adults age 60+ in a comfortable, safe and accessible manner! Thank you NextFifty Initiative!

# Senior Book Club

With the Grand County Library District's Senior Book Club on break until April, Grand Seniors would like to offer our own book club in the meantime! This month we are reading "**The Nightingale**" by Kristin Hannah. We will meet together in the Grand Seniors room at Mountain Family Center on **Thursday, March 24th at 10:00am** to discuss! RSVP not required, but if you need help getting a copy of the book, would like a copy of the discussion questions or would like information on how to join virtually, please call 970-887-3222 or email [katie@mountainfamilycenter.org](mailto:katie@mountainfamilycenter.org). Masks will be required for our in-person meeting.

*"Reading for me, is spending time with a friend."* - Gary Paulsen



## HAPPY FEET

### Foot Care



Foot care is returning to Grand Seniors! Laura Armstrong, RN, will be offering this wonderful service for adults age 60+ on **Friday, March 4<sup>th</sup>** at Grand Seniors in Granby. Cost is \$30 for a 30 minute session. Services include palpitation of pedal pulses, monofilament test (i.e. screening for loss of protective sensation), trimming, filing nails, filing of calluses, lotion, blood pressure checks, and medication review. Appointments are available from 9am-1:30pm. This is a popular service and fills up fast! Call Grand Seniors at 970-887-3222 to reserve your spot!

## TAX HELP

### H&R Block Discount



It's tax season again! The deadline for most people to file taxes this year is Monday, April 18<sup>th</sup>. 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 \$69 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!

## BORROW WHAT YOU NEED

### DME Available

Don't forget that Grand Seniors has an inventory of Durable Medical Equipment (DME) available to borrow for free! If you or someone you know temporarily needs a wheelchair, walker, cane, shower chair or other DME item, let us know! You can call 970-887-3222 or stop by Grand Seniors Mon-Thurs 9:00am-3:00pm. This equipment has been donated and is primarily for older adults age 60+, but any community member in need can borrow an item based on availability.



# Kremmling Senior Meals

Grand County is offering 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 February 2022

Tuesday	Thursday
1st	3rd
Hot Chicken Salad Seven Layer Salad Ambrosia Salad Raisin Nut Cup Whole Wheat Bread	Combination Burrito smothered with green chili Mexi Corn Pears OJ
8th	10th
Roast Beef/Gravy Mashed Potatoes Salad OJ Brownies/Ice Cream Whole Wheat Bread	Lemon Parmesan Salmon Brown Rice Italian Blend Vegetables Apple Cranberry Coleslaw Oatmeal Raisin Cookie Whole Wheat Bread
15th	17th
Spaghetti Squash Tossed Salad Fresh Fruit Cup OJ Whole Wheat Bread	Meatloaf/Gravy Baked Sweet Potato Seven Layer Salad Green Beans Grapes Whole Wheat Bread
22nd	24th
Beef Barley Soup Egg Salad Sandwich Tossed Salad Fresh Fruit Cup Wheat Crackers	Pork Chops Broccoli Rice Casserole Baked Apples and Raisins Carrots 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.



## GUIDELINES FOR AGE-INCLUSIVE COMMUNICATION

### What is ageism? Why should we care?

**Ageism.** Ageism is stereotyping, prejudice and discrimination based on age. As with any identity-based prejudice, it works under the assumption that it is possible to judge someone knowing one thing about them – in this case, their age. Not only is it inaccurate, it's damaging.

**Ageism's negative impact.** Ageism has a detrimental impact on our quality of life, health and economy. Ageism happens at every level, from internalized ageism in individuals to ageism embedded in our systems and policies.

**Aging has evolved.** As lifespans increase, the perception of what constitutes old age is changing. Older adults are living longer and for the most part healthier lives, working and volunteering in greater numbers.

**Changing ageist attitudes.** Combating ageism is part of a bigger movement to stop dividing ourselves into "us" and "them." [Research by FrameWorks](#) Institute shows that certain terms are often associated with – and reinforce – negative stereotypes about older people that result in stereotyping and discrimination. Our language and the stories we tell can make a difference in reducing ageism.



## 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 9:00am-3:00pm.

## 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  
9:00AM to 3PM

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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