



High Country Connections

The Grand Seniors monthly newsletter



EMS Announcement



CONTACT:
Chief Robert Good
Grand County Emergency Medical Services
970-887-2732
RGood@co.grand.co.us

FOR IMMEDIATE RELEASE

March 3 – Grand County Emergency Medical Services is launching a program to help the community better prepare for medical emergencies.

“My Life Wishes” is a collection of forms with key information first responders need when they arrive at a medical emergency.

“When we arrive at an emergency, information about living wills and do not resuscitate orders are often locked in a safe, or can’t be immediately located by the spouse or caregiver,” said EMS Chief Robert Good. “This can result in going against the wishes of the person receiving care, and can also waste precious seconds and minutes we need to help the person experiencing the emergency.”

My Life Wishes packets also inform responders of current medications, implanted hardware such as pacemakers, and if the individual has chosen to be an organ or tissue donor.

“We understand that these are not easy things to think about, let alone discuss with your spouse, partner or roommate,” Good said. “But these are life-saving answers to questions emergency medical personnel need to know quickly once they arrive on scene.”

My Life Wishes packets are available free of charge at EMS’ Central Station on Agate Street in Granby. Once completed, the yellow folder should be placed in an easy-to-find, unlocked location, such as inside a kitchen pantry or on a bookshelf. Packets also include window clings to alert first responders that a My Life Wishes packet is available, and where it’s located inside the home.

EMS encourages residents over the age of 18 to complete a packet, regardless of their current health status.

“No one wakes up in the morning knowing they’re going to have a medical emergency in the afternoon. The information we can learn from a My Life Wishes packet is just as relevant to a person in their 20’s as it is to someone in their 80’s,” Good said.

To learn more about the program, call Grand County EMS at 970-887-2732.

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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
Hap Wood

Grand Seniors
970-557-3186 (MFC)
970-887-3222 (Seniors)
480 E. Agate St.
PO Box 42
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!



Red-Winged Blackbird

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?

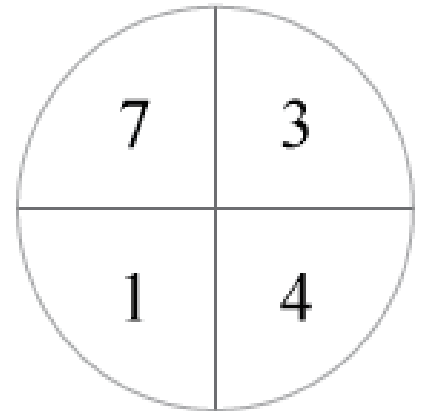
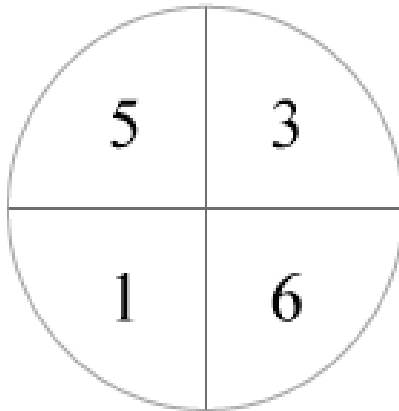
CALL US!



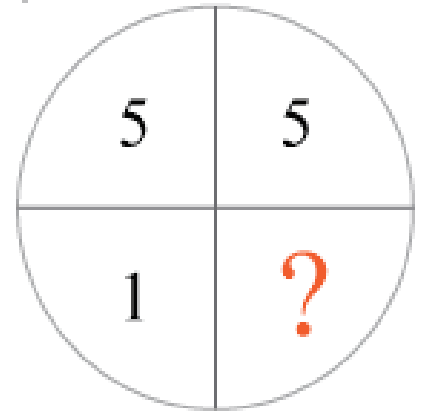
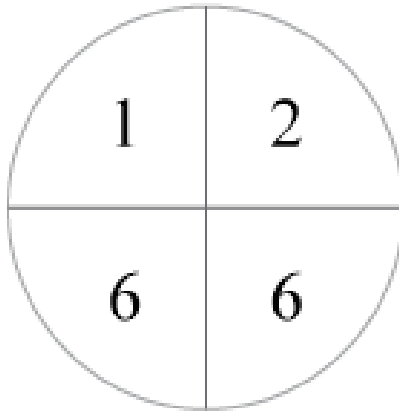
970-887-3222

Just for Fun

Which number completes the number pattern?



www.mathinenglish.com



Answer: The number should be 4. All circles add up to 15.

Headwaters River Journey

Grand Seniors will be taking a trip to the Headwaters River Journey in Winter Park on **Thursday, April 21st.**

THERE WILL BE NO YMCA LUNCH THIS DAY!

We will meet at the Headwaters Center at 11:00am, explore the exhibit for about an hour,

then have a picnic lunch afterward (indoors or outdoors, depending on weather). Lunch will be provided. Cost for the exhibit and lunch is \$10 per person.

If you would like more information about the Headwaters River Journey, visit www.headwatersriverjourney.com. Transportation is available, call 970-887-3222 to schedule.

RSVP for this event required by Friday, April 15th.

We hope you will join us for this fun and educational local outing!



Granby Library's Lunch Bunch

Book Club

Granby Library Community Room

Tuesday, April 12
12-1 p.m.



- Bring a lunch
- Read from selected genre
- Share your book review
- Give a recommendation
- Meet new people
- Enjoy camaraderie
- Available virtually as well

April's Genre Focus - Historical Fiction

Visit the library or www.gclid.org, Catalog tab, for book suggestions.

Grand County
LIBRARY
District 

Granby Library

55 Zero St
Granby, CO 80446 | 970-887-2149
www.gclid.org

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 April 2022

Tuesday	Thursday
Balsamic Glazed Chicken 5th Quinoa Pilaf Strawberry Spinach Mixed Salad Orange Whole Wheat Bread	Cheeseburger 7th Lettuce/Tomato Baked Beans Coleslaw Orange Peanut Butter Cookie
Spaghetti with Sausage 12th Tossed Salad Apple Pineapple Upside Down Cake	Ham 14th Baked Sweet Potato Green Bean Casserole Frog Eye Salad Tossed Salad
Beef and Peppers 19th Brown Rice Orange Spiced Carrots Orange Whole Wheat Bread	Roast Beef 21st Mashed Potatoes and Gravy Green Bean Amandine Apricot Peach Compote Whole Wheat Bread
Cream of Potato Soup 26th Tuna Salad Wrap Tomatoes/Lettuce Mixed Fruit Salad	Fish Veracruz 28th Cilantro Lime Rice Broccoli Slaw Carrots Grapes

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.

Nutrition Education Online Series

Join Registered Dietitian
Sally Ayotte and learn:

April 1: 12:30 - 1pm

Gastroesophageal Reflux
Disease (GERD)

May 6: 12:30 - 1pm

Healthy Eating for
Older Adults

June 3: 12:30 - 1pm

Eating for Bone Health

Register for one or all topics in
the series through Zoom @:
<https://tinyurl.com/2022Nutrition>

Or call Erin @ 970-455-1067 for
more information/assistance

SPONSORED BY:

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Grand Seniors Lunches at the YMCA

Thank you to everyone who joined us at YMCA of the Rockies: Snow Mountain Ranch



in March for Thursday lunches! We will continue these lunches in

April, every Thursday at 11:30am in the Schlessman Commons at the YMCA. Lunches are paid for with help from a grant from Vintage (thank you Vintage!) but voluntary contributions to help cover the cost are always gratefully accepted. Transportation is available. Please call 970-887-3222 at least 2 business days ahead if you need a ride.

Weather permitting, we will try to do some short trail walks at the YMCA after our lunches in April!

NOTE: There will be no YMCA lunch on Thursday, April 21st! Please sign up to join us for a tour of the Headwaters River Journey and a picnic lunch in Winter Park that day instead!

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 42
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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