



# High Country Connections

The Grand Seniors monthly newsletter



## We Need Your Input!

A note from the Grand County Senior Nutrition Department-  
“Grand County Senior Nutrition has served meals in both Granby and Kremmling three days per week since 2007. When the Grand County Senior Nutrition program reopened after 20 months of being closed during the COVID Pandemic, we only reopened our Kremmling meal site and for two days instead of three. In past years the cost would fluctuate but averaged \$30-\$45 per meal. Our cost for the program is about \$45-\$60 per meal as it operates right now. In spite of our best efforts to make this program more affordable to operate, we were unable to reduce our cost enough and the funding through Vintage (formerly, Alpine Area Agency on Aging) from the Older American’s Act funds ended on July 1, 2022.

The Board of Health/Grand County Board of Commissioners has agreed to continue to fund the program through Dec. 31, 2022 to allow us time to rethink how we provide food security and social opportunities for our older adults in Grand County.

Many of you enjoy our congregate meals each week or have enjoyed them in the past. We know Shelly Cecil is a town favorite and makes each meal with care and love for all of her people.

It is time to think differently about how we support food security, nutrition, and social opportunities for our older adult residents.

We are reaching out to you to get ideas for how to continue to provide opportunities to socialize over a good meal. There are several ways to access the survey, including:

- Email [katie@mountainfamilycenter.org](mailto:katie@mountainfamilycenter.org) for a web link
- Fill out a paper copy at a Grand County library or Grand Seniors at Mountain Family Center
- Use the camera on your smart phone to access the survey through the QR code →



We appreciate your insight and feedback greatly!”

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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  
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



## **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!



*Mallard Duck*

## **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**

## **Pancake Breakfast**

Grand Seniors is having breakfast together on Saturday, August 13th - but not just any breakfast! Join us for the Chuck Wagon Pancake Breakfast at Winding River Resort outside of Grand Lake! As the hosts describe it, this is a western breakfast cooked alongside an authentic 1800's chuck wagon, featuring all you can eat flapjacks the size of your plate!

Cost is \$10 per person and transportation is available. The bus will leave Mountain Family Center at 8:30am, breakfast is 9:15-10:15am. We'll return to MFC by 11:00am. You can also meet us there, but RSVP is still required. Space is limited! Call Grand Seniors at 970-887-3222 to RSVP by Thursday, August 11th!



## **Pontoon Boat Ride**

On Wednesday, August 24th Grand Seniors will spend an afternoon on Lake Granby for our annual pontoon boat ride! We will launch the boat from Beacon Landing Marina at 10:00am and return by 1:00pm. Lunch is provided and will be served on the boat! No boating experience necessary- all are welcome!

Transportation is available. Cost is \$15 per person. As with all Grand Seniors outings and activities, assistance to help cover the cost is available if needed. This is a popular activity and fills up fast! Give us a call at 970-887-3222 to RSVP by Thursday, August 18th.



## **Community Assessment Survey of Older Adults (CASOA)**

*From Vintage-* "Vintage, your local Area Agency on Aging, along with our community partners will be undertaking a Strategic Planning effort in the coming months. Part of the planning process includes conducting the Community Assessment Survey of Older Adults (CASOA) this summer. The CASOA provides a statistically valid survey of the strengths and needs of older adults in the Vintage region, as reported by older adults themselves. The ultimate goal of the assessment is to create empowered communities that support vibrant older adult populations. Older adults in Eagle, Grand, Jackson, Pitkin, Routt, and Summit counties will be randomly selected to participate in the 2022 CASOA. If you receive an invitation to participate in the mail, we encourage you to complete the survey so we can best serve our community. If you want to share your ideas and thoughts but don't receive a mailed survey, don't worry! You'll have an opportunity later to complete the survey online and join stakeholder community conversations in September. Stay tuned for more information. Questions? Email or call Erin at 970-455-1067 / [efisher@nwccog.org](mailto:efisher@nwccog.org)"

# Lunch Bunch Book Club

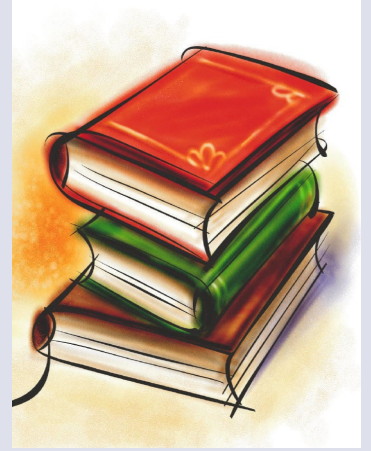
*From the Grand County Library District:*

Bring a lunch, and share your love for reading during this monthly genre study and book club. Select a title of choice from the month's genre focus, and come prepared to share a personal review and recommendation. We are looking forward to lively discussion and friendly comradery. August's genre is **Westerns**. Visit your local branch or [www.gcd.org](http://www.gcd.org) for book recommendations.

Meeting Date and Time: Tuesday, August 9th 12:00-1:00pm

Meeting Location: Granby Library Fireplace Area

Contact: Chris Newell, [cnewell@gcd.org](mailto:cnewell@gcd.org) or 970-887-9411 ext. 107



## MARK YOUR CALENDAR

### Fall Hayride

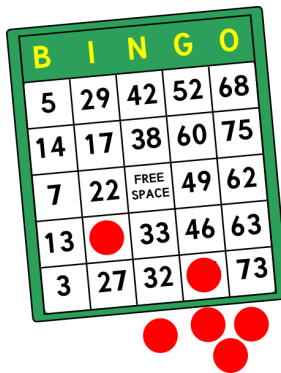


Grand Seniors will be heading to Winding River Resort on Tuesday, September 20th for a beautiful fall hayride! Enjoy the horses, fresh air and changing leaves during this 1-hour ride through Winding River Resort, followed by a bbq lunch! Details to come in next month's newsletter!



## SOCIAL OPPORTUNITY

### B-I-N-G-O



Don't forget that Grand Seniors has started offering **Bingo!** Every other Tuesday we meet at the Granby Community Center for an hour of Bingo! There is no cost to play, and you can win awesome prizes (gift cards, treats and even cash!) Bingo cards and daubers are provided. We start at 10:00am and will play on the following dates in August:

- **Tuesday, August 2nd**
  - **Tuesday, August 16th**
  - **Tuesday, August 30th**
- Transportation is available if needed. Call Grand Seniors at 970-887-3222 at least 72 business hours ahead to schedule a ride.

## SHOPPING TRIP

### Silverthorne Outing

We have had several requests for a monthly shopping trip to Silverthorne! We'll be taking our first trip on Monday, August 29th. We'll head to Target then to a fast-food lunch before coming back to Grand County. Other stops may be possible, depending on the size and needs of the group. If you'd like to join, call Grand Seniors at 970-887-3222 by Wednesday, August 24th to sign up. There is no cost for this trip, but voluntary contributions to help cover the cost of Grand Seniors programs are always appreciated.



# 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 August 2022

Tuesday	Thursday
2nd	4th
Hot Dog Broccoli Peanut Salad Chocolate Chip Cookie Orange	Oven Baked Chicken Mashed Potatoes and Gravy Peas, Carrots, Pearl Onions Applesauce Waldorf
9th	11th
Hot Chicken Salad Seven Layer Salad Ambrosia Salad Raisin Nut Cup	Fish Veracruz Cilantro Lime Rice Steamed Carrots Rice
16th	18th
Cobb Salad Peaches Apple Crisp Wheat Crackers	Porcupine Meatballs Mashed Potatoes/Gravy California Blend Vegetables Fresh Fruit
23rd	25th
Beef Enchilada Pie Pinto Beans Mixed Fruit Cornmeal Muffins	Roast Beef Carrots/New Potatoes/Gravy Watermelon
30th	
Spaghetti Squash w/Meat Sauce Tossed Salad Fresh Fruit Cup Dirt Pudding	

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.

# GRAND CHORALE



## The Grand Chorale

### "Then and Now"

*A musical extravaganza of songs from way back and their futuristic pal.*

**Saturday, August 13 – 7:00 pm**  
**Middle Park High School, Granby**



## Tickets - \$15

Tickets available from Grand Chorale  
members or at the door.

[thegrandchorale.org](http://thegrandchorale.org)

## Grand Seniors Lunches at the YMCA

Thank you to everyone who has been joining us at the YMCA for Thursday lunches! We will continue these lunches in August, 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 continue to look for opportunities to get outside and do some short trails walks after lunch! Hope to see you there this month!

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*In addition to the Thursday YMCA lunches, check out the senior lunch gathering at Sagebrush BBQ & Grill in Grand Lake every Wednesday at 11:00am! An entrée of choice and beverage are provided for \$8.00. Thank you Sagebrush for hosting!*

### 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 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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