



High Country Connections

The Grand Seniors monthly newsletter



Volunteer Opportunity

Looking for a rewarding opportunity to give back to your community?
Become a Medicare counselor
Call for more information
970-315-1328



Navigating Medicare

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Grand Seniors Team

Stacy Starr
Executive Director

Missy Posey
Transportation Program Mgr.

Katie Stuvell
Community Programs Mgr.

Client Services Drivers:
Karen Pojar
Tom Williams
Kim Long
Ann Williams
Kelly Holmes

Grand Seniors
970-557-3186 (MFC)
970-887-3222 (Seniors)
480 E. Agate St.
PO Box 42
Granby, CO 80446

Volunteer Opportunity

Are you looking for a rewarding opportunity to give back to your community?

We are looking for Volunteers in Grand to become Medicare counselors for the State Health Insurance Program (SHIP) SHIP team members are highly trained and certified to assist and educate people in Medicare options such as Original Medicare (Parts A & B), Medicare Advantage (Part C), Medicare Prescription Drug Coverage (Part D), and Medicare Supplement (Medigap).

SHIP also assists beneficiaries with limited income and those in need of extra assistance to apply for programs, such as Medicaid, Medicare Savings Program, and Extra Help/Low Income Subsidy, which help pay for or reduce healthcare costs.

If you are interested or have more questions, please reach out to your local SHIP Coordinator Jonnah Glassman 970-315-1328 Jonnahdg@gmail.com

You can also learn more about this opportunity at YourVintage.org



BINGO News

Bingo will continue at our Grand Seniors office in Granby the following dates:

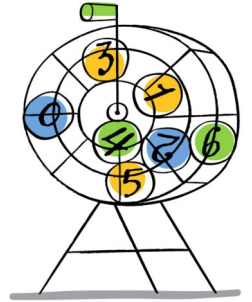
Tuesday, March 11th

Tuesday, March 25th

We play from **10-11am** and will provide everything you need at no cost- just show up!



"I'm making sure I get my five daily portions."



GRAND SENIORS TRANSPORTATION

If you are age 60+, or a Medicaid holder age 18+ with a disability, 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 business hours or more 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



Bowling

Bowl with us at Sun Outdoors mini-bowling alley followed by a pizza lunch!

Cost is \$5 .

Monday, March 17th, 11am-1pm

Meet us there or call Missy for a ride at 970-887-3222.

Tax Preparation

Sandra Moore is available to help seniors with simple tax preparation starting at \$99. She can be reached directly to set up an appointment at 970-575-1661.

Craft Day

Choose a craft from an assortment offered by the YMCA Snow Mountain Ranch followed by a picnic lunch (weather permitting) with a view!

Wednesday, March 12th, 10am

Cost \$10

Call Missy for details and to sign up!

Grand County HA Senior Meals

Menu for Kremmling

March 2025



The menu is subject to

change without

prior notice.

Tuesday

Thursday

4th

6th

Ham and Beans
 Carrots
 Cornbread Muffins
 Apricots

Sloppy Joe
 French Fries
 Baked Beans
 Beets

11th

13th

Tuna Noodle Casserole
 Mixed Vegetables
 Tropical Fruit

Chicken Fajitas
 L/T
 Black Beans
 Mexican Corn and Grapes

18th

20th

Crunchy Baked Cod
 Rice/Roll
 Creamy Pea Salad
 Mandarin Oranges

Cobb Chicken Salad
 Breadsticks
 Peach Cobbler

25th

27th

Spaghetti
 Tossed Salad
 Garlic Bread
 Ice Box Cake

Porcupine Meatballs
 Mashed Potatoes & Gravy
 CA Vegetables
 Rolls and Poke Cake

Meals are served with coffee & tea.

Suggested Donation for meal is \$4.00 for Seniors over 60.

Visitors under 60 are always welcome for a price of \$15/meal.

All Donations directly support this meal program.

Reservations Need to Be Called in 24 Hours in Advance!

Please contact Melisa Sherman for Reservations at:

303-710-0895



Lunch & Learn for Seniors

Free event open to adults
60 and above

March Programs

Join us!
Lunch & program provided

Registration Required
& closes 5 days before event.

To register: Go to www.gclid.org
and click on Programs or
speak with a librarian.

Need Transportation?
Contact Grand Seniors at
970-887-3222.

* *Granby Library*
Tuesday, March 4 @ 12:30 p.m.
Scandinavian History in Grand County

* *Kremmling Library*
Thursday, March 13 @ 1 p.m.
Lifesaving Updates: Modern CPR & 1st Aid

* *Fraser Valley Library*
Friday, March 14 @ 11:30 a.m.
Fall Prevention: Safety, Exercises, & Tips

* *Hot Sulphur Springs Library*
Tuesday, March 25 @ 1:30 p.m.
Botanical Art: History & Process

* *Juniper Library*
Friday, March 28 @ 12:30 p.m.
Sprouting for Freshness: Indoor Gardening

Support for this event is in partnership with the Grand County Library District,
Mountain Family Center, and Grand County Public Health.



Grand County Library District

PO Box 1050
Granby, CO 80446 | 970-887-9411
www.gclid.org

Discover
new ways
to do things
with Hadley's
FREE help.

**vision-loss
resources**

 **Hadley**

HadleyHelps.org
800-323-4238

■ **Practical help:**

Everyday tips from pouring coffee or using a sharp knife to selecting a magnifier or new tech gadget.

■ **Connection to others:**

Discussion groups, peer-to-peer programs, and stories from others facing vision loss build a sense of community for support. You're not alone.

■ **Hadley's help comes to you:**

Online, on the phone, or through the mail.

■ **Hadley is convenient:**

No waiting list, no doctor's note, no travel, no fees at all.

“ Hadley gave me confidence that I can do this.” - **Beverly**

“ I'm new to losing my vision, and this made me feel a lot better.” - **Caitlin**

“ Knowing others have struggled and had to figure out strategies to maintain independence is encouraging; I'm not alone.” - **Susan**

Senior Lunches

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!



Kremmling:

Kremmling Senior Lunches at Silver Spruce continue every **Tuesday and Thursday at 12pm.**

Cost is \$4 for lunch and an additional \$2.50 and up for Bingo on Thursdays.

See schedule and menu on page 3.

Grand Seniors will take the bus from Granby to this lunch on **March 20th** and stay for BINGO. Call Missy to reserve your ride at 970-887-3222.

Grand Lake:

Senior Lunches at SageBrush BBQ continue this winter every **Wednesday at 11:30am.**

No RSVP required, just show up!

Senior menu is available for \$8.

Grand Seniors will take the bus from Granby to this lunch on **April 2.** Call Missy to sign up for a seat!



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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RETURN SERVICE REQUESTED