



High Country Connections

The Grand Seniors monthly newsletter



Denver Botanic Gardens Trip

Check out what's blooming at the Denver Botanic Gardens!

Thursday, May 29th 9AM Departure from MFC

Cost is **\$10** and includes admission and transportation.

Bring your own lunch, or purchase from the on site cafés.

Wear comfortable walking shoes, there is a lot to see! There are benches and places to rest, as well as some shade scattered throughout.

RSVP to Missy at 970-887-3222 by **May 22.**



Senior Stroll

Join our first meet-up for a casual walk with friends!

We will start at Grand Seniors office and head to Polhamus Park for a rest if needed, then cruise back through downtown Granby.

Depending on participation, we hope to continue this group through summer.

Please bring a water bottle.

Thursday, May 15th

9:30AM at MFC

Walking can keep joints flexible, improve balance and coordination, and increase energy levels and mood!

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Grand Seniors Team

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Transportation Program Mgr.

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Community Programs Mgr.

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Grand Seniors

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



@weareteachers

WHAT KIND OF GARDEN DOES A BAKER HAVE?

A FLOUR GARDEN



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).

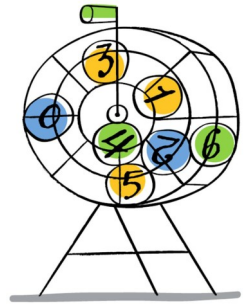
Donations to help cover costs are appreciated, but we will never deny a ride, regardless of ability to contribute. Suggested contribution amounts are \$3-\$7 for in-county trips and \$25-\$40 for out-of-county trips.

NEED A RIDE?

CALL US!



970-887-3222



Bowling

Bowl with us at Sun Outdoors mini-bowling alley followed by a pizza lunch! This will be the last bowling meet-up until fall.

Monday, May 19th, 11am-1pm

Cost is \$5

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

SAVE THE DATE!

In July, Grand Seniors will be hosting FREE Digital Skills Trainings taught by professional technology mentors from "Connected Nation".

Look for more details in June and July newsletters.

Wednesday, July 9th: Mobile Device Basics (iOS & Android) + Open Lab Q&A for your devices

Thursday, July 10th: Internet Basics & Safety + Open Lab Q&A for your devices

Lunch provided.



Grand County HA Senior Meals



The menu is subject to
change without
prior notice.

Menu for Kremmling

May 2025

Tuesday	Thursday
	1st
	Hot Dogs Baked Beans Pasta Salad Peaches
6th	8th
Baked Haddock Green Beans Rice Mandarin Oranges	Taco Salad Tortilla Chips Tropical Fruit Ice Cream
13th	15th
Smothered Chicken Mashed Potatoes/Gravy Broccoli Rolls	Pizza Caesar Salad Waldorf Salad
20th	22nd
Spaghetti Tossed Salad French Bread Fruit	Stuffed Peppers Mashed Potatoes/Gravy Rolls
27th	29th
Tuna Salad Wraps Loaded Baked Potato Soup Applesauce	Meatloaf Mashed Potatoes/Gravy CA Vegetables Beets/Roll

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

Anti-inflammatory Diet

Written by Patti Murphy, RDN, CDECS

You may have heard of an anti-inflammatory diet as a way to improve health. So, what is inflammation? Chronic, systemic (full-body) inflammation is a serious health concern that can be made better or worse with diet. So, what are anti-inflammatory foods? Does this way of eating benefit health? And how can you implement it?

You've experienced short term inflammation if you've ever cut your finger, had a throat infection or gotten a bruise. This type of acute inflammation is your body's natural way of dealing with injury or infection.

However, the issue is with chronic, systemic (fullbody) inflammation where the inflammation becomes chronic and can persist for months or even years. Chronic, systemic inflammation is a factor in diseases such as obesity, metabolic syndrome, pre-diabetes, heart disease, gut health, arthritis, Alzheimer's Disease and some types of cancer.

This type of inflammation can be made better or worse through dietary choices.

Nutrients to include

Omega-3 Fatty Acids- These are found in fatty fish such as salmon, herring, mackerel, sardines, and tuna. It is recommended to eat 2 to 3 servings of fatty fish a week. If you do not like fish or do not eat it this often you can get it from an omega-3 fish oil supplement.

Antioxidants- These help reduce cellular damage from free radicals that can increase inflammation. Many fruits and vegetables contain high levels of antioxidants. In general, more brightly colored produce contains more antioxidants. Think blueberries, raspberries, figs, cherries, kale broccoli, avocados and beets.

Vitamin C- A specific type of antioxidant- Vitamin C can be found in citrus fruits, bell peppers,

Polyphenols- Another type of antioxidant- Found in coffee, tea and dark chocolate.

Gut healthy foods- A healthy population of gut bacteria in the intestines can help reduce inflammation. Prebiotics come from fiber and help feed the healthy gut bacteria. They can be found in foods including asparagus, bananas and artichokes. Probiotics can be found in fermented foods, such as keifer, yogurt, and fermented vegetables such as sauerkraut.

Spices and herbs- Including spices such as cinnamon, oregano, tumeric, cumin, parsley, basil, curry powder, ginger, chili powder and herbs such as sage, thyme, peppermint, oregano, and dill weed.

Caregiver Conference

June 11, 2025

FREE

10am-2pm

Colorado Mountain College
Steamboat Springs

RSVP by 5/28

For additional details,
to register & agenda:

QR Code



Phone: 970-531-4087

Website:

<https://2025CareConference.eventbrite.com>



SERVICES FOR AGING WELL IN COLORADO



Join our **free** caregiver conference to learn about the emotional challenges of dementia caregiving and accepting help for the journey as well as tips and tricks to safely move your loved one without injury.

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 Lake:

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

No RSVP required, just show up!

Senior menu is available for \$8.



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