



High Country Connections

The Grand Seniors monthly newsletter



Pre-Diabetes & Blood Sugar Management

Written by Patti Murphy, RDN, CDCES

Over 115 million American adults—more than 2 in 5—have prediabetes, a condition where blood sugar is higher than normal but not yet type 2 diabetes. Pre-diabetes can be diagnosed with an A1C value between 5.7-6.4 or a fasting blood sugar value between 100-125. Alarmingly, roughly 80% to 90% of adults with prediabetes are unaware they have it.

The following two issues that cause Type 2 Diabetes are occurring with pre-diabetes, just to a lesser degree.

- 1.) The pancreas does not produce enough insulin — a hormone that regulates the movement of sugar into the cells.
- 2.) Cells respond poorly to insulin and take in less sugar. Therefore, too much sugar remains in the blood stream. This leads to blood sugar levels that are too high in the blood stream.

Over time, if the condition is not managed through lifestyle changes pre-diabetes can develop into diabetes. Diabetes can lead to disorders of the circulatory, nervous and immune systems.

The following are some tips that can benefit anyone to better manage blood sugar. Keeping blood sugar managed can be beneficial for people without pre-diabetes or diabetes as well. Balancing blood sugar can help keep energy and hunger levels steady throughout the day.

- 1.) Keep at least a 3 hour window between meals and snacks but no more than a 5 to 6 hour window during your waking day. This gives your blood sugar time to come back down after meals before spiking again.

So, this might look like: Breakfast at 8; Lunch at 12; Snack at 3 and Dinner at 6.

- 2.) Try to leave a 12 hour fasting window overnight. This often means not snacking after dinner.

Example- Dinner eaten by 7 → Breakfast not before 7 the next morning. This gives your digestive system a break as well as gives your body a break from having to produce as much insulin.

- 3.) Include protein and/or fat with all meals and snacks. ie. try not to eat carbs by themselves as this can cause blood sugar to spike higher.

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Grand Seniors Team

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Client Services Drivers:

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Kim Long
Ann Williams
Tom Williams

Grand Seniors

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



What do you call a snowman in the summer?

A puddle.



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

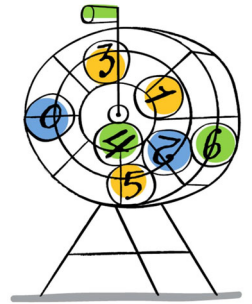
BINGO News

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

Tuesday, June 9th

Tuesday, June 23rd

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



Monday June 29th

9:15 am Depart Grand Seniors

\$15 includes transportation, donation to garden and lunch at Haymaker Patio

A six-acre gem of ponds, berms, and 70 unique gardens. Stroll along winding paths to discover trees, shrubs, perennials, and annuals, along with sculptures that add an artistic touch to the natural beauty.

Thursday, June 18th

12pm

Stop by Grand Seniors, open house style, to join a friendly card game or board game, OR movie and popcorn!

Bring your own game supplies or use ours!

We have a small group that enjoys Canasta!

GAME DAY



United Business Bank **FRAUD PREVENTION & FINANCIAL LITERACY CLASS**

Thursday, June 25

Presented by UBB staff

**Grand Seniors
Granby office
480 E Agate Ave.**

*Light snacks
provided!*



10 a.m.-noon

*Learn tips about
protecting your
identity, preventing
cyber scams and more*





Lunch & Learn for Seniors

Free event open to adults
60 and above

June Programs

Join us!
Lunch & program provided

Registration Required
& closes 5 days before event.

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

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

* *Granby Library*

Tuesday, June 2 @ 12:30 p.m.
Grand County Pet Pals,
Mary Ann Kerstiens

* *Kremmling Library*

Thursday, June 4 @ 1 p.m.
Raw Summer Trend: Two-Minute Nice
Cream, KC Rose

* *Fraser Valley Library*

Friday, June 12 @ 11:30 a.m.
Dinosaur Finds & History, Sandy Ludlum

* *Hot Sulphur Springs Library*

Tuesday, June 23 @ 12 p.m.
Flower Gardening, Trish Cyman

* *Juniper Library*

Friday, June 26 @ 12:30 p.m.
Stronger Against Wildfire, Homeowner
Tips: Improve Coverage, Cut Costs

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.gclد.org

Grand County HA Senior Meals

Menu for Kremmling

June 2025



The menu is subject to change without prior notice.

Tuesday

Thursday

2nd

4th

Smothered Burritos
Mexican Rice
Corn
Fruit

Spaghetti
Caesar Salad
Breadsticks
Fruit

9th

11th

Cobb Salad w/cracker
Meat and cheese sliders
Orange Cream Fruit Salad

Salmon w/Lemon & Capers
Rice
Steamed Broccoli
Watermelon

16th

18th

Beef Stroganoff
Warm Beets
Rolls
Apple Crisp

French Dips
Mashed Potatoes
Green Beans
Pears

23rd

25th

Chicken Parmesan w/Noodles
Creamed Peas
Rolls
Fruit

Salisbury Steak
Mac and Cheese
Asparagus
Mandarin Oranges

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

Senior Lunches

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.

RSVP is required.

See schedule and menu on page 5.

Grand Lake:

Senior Lunches at SageBrush BBQ continue every

Wednesday at 11am

No RSVP required, just show up!

Senior menu is available starting at \$8.

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!



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