



# High Country Connections

The Grand Seniors monthly newsletter

## Staying Hydrated During the Summer

Written by Patti Murphy, RDN, CDCES

With warmer temperatures and more time spent outdoors, staying hydrated becomes especially important during the summer months.

Water is essential for nearly every function in the body. It helps regulate body temperature, supports digestion, cushions joints, and keeps organs functioning properly. Drinking enough fluids is one of the simplest ways to support your overall health.

Why are older adults at greater risk for dehydration?

As we age, several changes can make it easier to become dehydrated:

- Reduced thirst sensation. Thirst cues often become less noticeable with age. Even when your body needs fluids, you may not feel thirsty enough to drink.
- Changes in body composition. Older adults naturally have less water stored in their bodies, making them more susceptible to dehydration.
- Certain medications. Some medications, including diuretics and others commonly prescribed for chronic health conditions, can increase fluid loss or raise the risk of dehydration.

Early signs of dehydration

Watch for these common symptoms:

- Dark-colored urine
- Urinating less frequently than usual
- Fatigue
- Dizziness or lightheadedness
- Headaches
- Muscle cramps
- Dry mouth
- Confusion or difficulty concentrating



If dehydration becomes severe, seek medical attention promptly.

How much fluid do you need?

A simple guideline is to drink about one-third of your body weight in ounces of fluid each day. For example, if you weigh 150 pounds, aim for approximately 50 ounces (about 6 cups)



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### Grand Seniors Team

**Stacy Starr**

Executive Director

**Jodi Johnson**

Senior Program Manager

**Katie Stuvell**

Health and Senior Resource Specialist

### Client Services Drivers:

Todd Bandemer

Kelly Holmes

Kim Long

Ann Williams

Tom Williams

### Grand Seniors

970-887-3222 (Seniors)

480 E. Agate St.

PO Box 42

Granby, CO 80446



**What kind of  
bagels do pilots  
eat?**

Plain.



## 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**

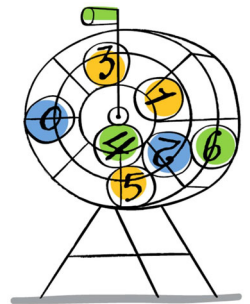
## BINGO News

Bingo will continue at our Grand Seniors office in Granby every other Tuesday:

**Tuesday, August 11th**

**Tuesday, August 25th**

We play from **10-11am** and will provide everything you need at no cost-just show up! \*Beginning in August, Bingo will be followed by a quick Chair work-out\*



**Wednesday, August 5th**

**The Colorado Rockies vs The Tampa Bay Rays**

**Join us for a little sunshine and baseball.**

**1:10 Game Time**

**\$25 includes:**

**transportation,**

**admission and lunch**

**Seats are limited and**

**going fast. Call 970-887-3222 to reserve your spot before July 27th.**



**Thursday, August 20**

**GAME DAY**

**12:00 noon**

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

Bring your own game supplies or use ours!

We have a small group that enjoys "Granby-style" Hand and Foot Canasta.

## UPCOMING EVENTS AND OUTINGS

### **Grand Lake Repertory Theater**

Friday, September 4th 10:00am

Dress Rehearsal for the Fall production of *Beehive 70*—"Beehive 70" is an energetic 1970s jukebox musical that serves as a companion piece to *Beehive: The 60s Musical*. It features classic hits from the decade made famous by artists like Linda Ronstadt, Heart, and Gloria Gaynor.

### **Lonesome Stone Pottery & Fused Glass Studio**

They have recently opened their beautiful space in Granby serving our community with private classes in pottery, stained glass and fused glass creations. They have generously offered to tailor some classes specifically for our Grand Seniors. Currently they are offering a workshop where you can make your own fused glass nightlight, enjoy the lovely studio space & great conversation. These classes are limited to three people, but we can schedule them as often as we like! \$25 includes all supplies, light snacks and drinks. Please call 970-887-3222 to schedule.





# Lunch & Learn for Seniors

Free event open to adults  
60 and above

## August Programs

*Join us!*  
*Lunch & program provided*

Registration Required  
& closes 5 days before event.

To register: Go to [www.gcld.org](http://www.gcld.org)  
and click on Programs or  
speak with a librarian.

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

**\* Granby Library**

Tuesday, August 4 @ 12:30 p.m.  
Food Safety - Jodi Jackson; Radon Risks -  
Hunter Kelly, GC Environmental Health  
Department

**\* Kremmling Library**

Thursday, August 13 @ 1 p.m.  
Dark Footprints: True Crime Stories,  
Samantha Davis, GC Historical Association

**\* Fraser Valley Library**

Friday, August 14 @ 11:30 a.m.  
Paws & Progress: Sneak Peek at Grand County's  
new Animal Shelter, Mary Ann Kerstiens and  
Diana Farabaugh

**\* Hot Sulphur Springs Library**

Tuesday, August 25 @ 12 p.m.  
Raw Summer Trend: Two-Minute Nice Cream,  
KC Rose, GC Public Health

**\* Juniper Library**

Friday, August 28 @ 12:30 p.m.  
Noxious Weed Control, GC Division of Natural  
Resources

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.gcld.org](http://www.gcld.org)

## Grand County HA Senior Meals

Menu for Kremmling

August 2026



The menu is subject to  
change without  
prior notice.

**Tuesday****4th**

Oven Baked Chicken  
Mashed Potatoes/Gravy  
Mixed Vegetables  
Rolls

**Thursday****6th**

Fish Veracruz  
Rice  
Carrots  
**Grapes**

**11th**

Spaghetti  
Tossed Salad  
Bread Sticks  
Fruit

**13th**

Chicken Fajitas  
Rice  
Refried Beans  
Fruit

**18th**

Hot Dogs  
Potatoe Salad  
Potatoe Chips  
Fruit

**20th**

Meatloaf  
Mashed Sweet Potatoes  
Asparagus  
Bread/Butter

**25th**

Chicken Cordon Bleu  
Rice  
Green Beans  
Mandarin Oranges

**27th**

Goulash  
Broccoli  
Garlic Bread  
Brownies

Meals are served with coffee &amp; 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:

970-725-3773

# 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](http://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.

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.



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