

High Country Connections

The Grand Seniors monthly newsletter

Nightshade Vegetables

Written by Patti Murphy, RDN, CDCES

The nightshade family, Solanaceae, consists of more than 2,000 different plants. Plants in this family contain alkaloids, which are chemical compounds that contain nitrogen. These compounds give plants a slightly bitter taste, and it helps protect the plant from disease and insects. Nightshades include plants ranging from potatoes to tobacco. While some nightshades are edible food, others are poisonous. This can make people more suspicious of edible nightshades like potatoes and bell peppers. Other nightshades include tomatoes, eggplant, tomatillos, jalapeños, and other chili peppers. Herbs and spices that come from nightshade plants include paprika, cayenne, chili powder, and crushed red pepper. They are common, nutrient-dense foods and have been staples in many cultures for generations.

Are Nightshades Inflammatory?

Claims that nightshades cause inflammation or worsen autoimmune diseases have become popular, but current research does not support eliminating nightshades for everyone. These plants contain naturally occurring compounds called alkaloids, including glycoalkaloids such as solanine. Plants produce these compounds as a natural defense mechanism. These plants contain a compound called alkaloids, that in large amounts may increase inflammation. However, the amounts found in the edible portions of ripe nightshade vegetables are generally small. Potatoes require particular attention because solanine can become concentrated in green portions and sprouts. Green or heavily sprouted potatoes should be discarded. This question is particularly relevant for people with inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis. Some laboratory and animal research suggests that concentrated amounts of nightshade alkaloids may affect intestinal permeability or increase intestinal inflammation. However, these studies often use doses much higher than those found in a typical serving of food, and there is not enough human research to conclude that nightshades cause or worsen IBD.

Therefore, nightshades should not automatically be eliminated from an IBD diet. Individual tolerance is more important. During periods of active symptoms, some people may find that certain nightshades—or their skins, seeds, or spicy preparations—are harder to tolerate.

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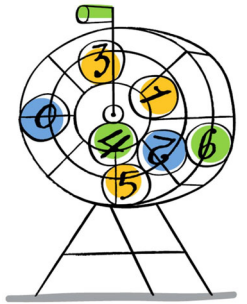
BINGO News

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

Tuesday, September 8

Tuesday, September 22

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



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

MAHJONG

Learn to play Mahjong with a small group and a great teacher! Join us on Wednesday, September 16 and Wednesday, September 23 from 12-2pm at Grand Seniors!

Lonesome Stone Pottery & Fused Glass Studio

Linda has been amazing with our groups and the fused glass classes are very fun. Right now we're making fused glass nightlights.

Classes are limited to three people, but we can schedule them as often as we like! \$25 includes all supplies. Please call Jodi at 970-887-3222 to schedule.

Thursday, September 17

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.

RETURNING THIS FALL...

Granby Library

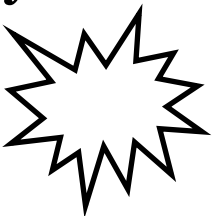
Thursdays 11 a.m. Join us for an introduction to Ageless Grace, a chair exercise program that promotes brain health.

BOWLING at Sun Outdoors

We will start our winter bowling league back up beginning in ***October***. The first Monday of the month from 11am-1pm, please join us for bowling and pizza. Let me know if you plan on coming and/or need a ride by calling 970-887-3222.

LUNCH AND AN OLD FASHIONED HAYRIDE

Winding River Resort is once again hosting a Hayride and Luncheon during September. We're still working on dates. Call the office if you are interested in coming along!



Beneficial Nutrients in Nightshade Vegetables

- Tomatoes: Vitamins A and C and the antioxidant lycopene.
- Bell peppers: Excellent source of vitamin C and other antioxidants.
- Eggplant: Provides dietary fiber and beneficial plant compounds.
- Potatoes: Provide potassium, vitamin B6, and manganese. They are also a starchy carbohydrate.
- Chili peppers: Provide capsaicin, the compound responsible for their heat.

Because these foods provide valuable nutrients, eliminating the entire nightshade family without a clear reason may unnecessarily reduce dietary variety.

If you believe nightshades trigger digestive or other symptoms, keep a food and symptom diary and discuss your concerns with a healthcare professional or registered dietitian. Rather than permanently eliminating every nightshade, a structured elimination followed by gradual reintroduction can help determine whether a specific food is actually responsible for symptoms. Remember that individual food tolerance varies. A food that causes symptoms for one person may be well tolerated by another.

For most people, nightshades can be part of a healthy, varied diet. There is currently insufficient evidence that they cause inflammation, autoimmune disease, or IBS in humans. People who consistently experience symptoms after eating a particular nightshade may benefit from limiting or avoiding that food, preferably with professional guidance. The goal should be a nutritious, individualized diet rather than unnecessary food restrictions.

Grand County HA Senior Meals

The menu is subject to

Menu for Kremmling

change without notice

September 2026

Tuesday	Thursday
1st	3rd
Baked Ziti Tossed Salad French Bread	Cheeseburgers Tater Tots Coleslaw Fruit
8th	10th
Panko Parmesan Salmon Angel Hair Pasta Green Beans Garlic Knots	Beef Tacos Mexican Rice Refried Beans Fruit
15th	17th
Taco Salad Tortilla Chips Tropical Fruit	Italian Baked Chicken Broccoli and Cauliflower Warm Beets Roll/Butter
22nd	24th
French Dips w/ Aujus Roasted Potatoes CA Vegetables Fruit	Spaghetti Tossed Salad French Bread
29th	
Mel's Last Day Party Potluck 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.	<u>Reservations Need to Be Called in 24 Hours in Advance!</u> Please contact Melisa Sherman for Reservations at: 970-725-3773



Lunch & Learn for Seniors

Free event open to adults
60 and above

September Programs

Join us!
Lunch & program provided

Registration Required
& closes 5 days before event.

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

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

** Granby Library*

Tuesday, September 1 @ 12:30 p.m.
Brain Fitness: An Introductory Class,
Denice Everham

** Fraser Valley Library*

Friday, September 11 @ 11:30 a.m.
Plant and Garden Designs in Grand County,
Trish Cyman

** Kremmling Library*

Thursday, September 17 @ 1 p.m.
Town of Kremmling: 2026 Community &
Infrastructure Update, Jen MacPherson

** Hot Sulphur Springs Library*

Tuesday, September 22 @ 12 p.m.
Why Our Stories Should Be Told,
Phil Ivers

** Juniper Library*

Friday, September 25 @ 12:30 p.m.
Brain Fitness: An Introductory Class,
Denice Everham

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

Senior Outings in July: Rockies Game!



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.

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