



SENIOR SCOOP

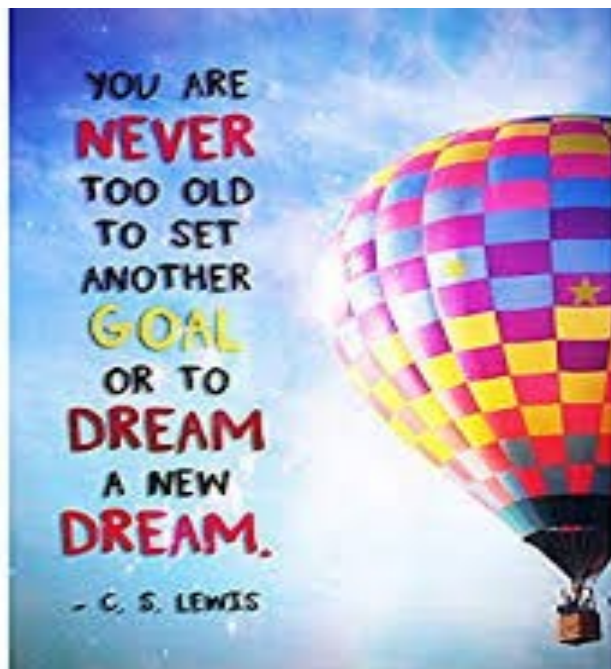
News and Views from the Council on Aging



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When I read this quote from C.S. Lewis it made me start thinking about my goals and dreams.

Everyone deserves to have their dreams come true. Through hard work, good planning, determination and with a little help from our friends, we really can make what we want a reality. So follow your heart, believe in yourself and take the leap of faith!

Warmly,

Pegi Simmerman

Pegi Simmerman
2018-2019 RCCOA Board President

April 2019

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Charlotte Whaley
South Routt Kitchen Asst.

Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.

PAINT YOUR OWN PLANTER - OR MAKE A GIFT

**THURS., APRIL 4TH
1:00 - 3:00PM**

\$5 POT AND SUPPLIES PROVIDED

**(TURN THESE POTS INTO A SALAD GARDEN WITH ELLYN
NEXT MONTH!)**



Look who's turning 100!!!

Come to lunch at the Steamboat Community Center and celebrate **James Harvey Simonsen's** 100th birthday on April 11th.

Please RSVP for lunch 24 hours in advance. 970.879.0633



Have you ever felt foggy in the mind and can't think straight? Have you ever walked into a room and forgot why you were there? Have you ever found yourself disoriented and asked, "Where am I?"



If your answer is yes, please join us for some brain-gym exercises.

You will learn how to:

- Clear your foggy brain**
- Focus your distracted brain**
- Orient your locator brain**

**April 22, 2019 from 12:30 – 1:00 PM
Steamboat Springs Community Center**

Dr. Jo Anne Grace will awaken your brain by introducing you to the brain gym. The brain is the most important organ of the body. Like muscles, it needs to be exercised to maintain its resiliency and flexibility.

Shopping and Lunch in Craig, CO

Wed., April 3rd 9:30 am - 4:30 pm

Join us for shopping and lunch. Space is limited.
Suggested donation of \$5 for those 60 and better.
Lunch is not included. Weather Permitting.
Please RSVP to April at least 48 hours in advance.
970-879-0633





SAVE THE DATE...

RCCOA Spring Fling
Thursday, May 9th
11:30am - 1:00pm

Join the Routt County Council on Aging at the Steamboat Community Center to celebrate spring! This year's event will feature a Luau theme!

Free Lunch with Hawaiian pineapple chicken and other tasty items | Music | Photo booth | Party favors

This event is free and open to all ages! Make your plans now to attend.

For more information or to RSVP call 970-879-0633.

Happy Earth Day!
Mon. April 22



Packaged Foods That Are Surprisingly Healthy

1. **Cheese** is an excellent way to take in a serving of dairy, but if you're going to get slices, I recommend natural cheeses like Swiss, cheddar, or mozzarella. Not only are they tastier and less processed, they're also well priced.



2. **Canned Beans** in BPA-free containers with no-salt added. You're left with the goodness of beans brimming with fiber, protein, iron, calcium, and folate all ready to eat in minutes.

3. **Jerky** is a tasty snack, low in calories and high in protein. Look for brands that don't contain nitrates and artificial flavors and are made using lean cuts of domestic meat.



4. Not all **peanut butters** are created equal. Many have added oils and salt and/or sugars, but not most natural peanut butters. Look for only one ingredient listed on the label: peanuts. A two-tablespoon portion will give you a healthy dose of energy-boosting niacin and antioxidants like vitamin E and resveratrol, which you can also find in red wine.

5. Stock up on **frozen fruit** when fresh is out of season, or when you just can't get to the market. Studies have found that fruit that is flash-frozen at peak ripeness maintains nutritional goodness. Choose frozen fruit that doesn't have added sugar (check the ingredient list).



Source: <http://www.shape.com/healthy-eating>

Avoid IRS Scams

**Recognize,
Refuse,
Report!**

[www.aarpelder
watch.org](http://www.aarpelderwatch.org)

Call us

Monday–Friday,

9 a.m.–4 p.m.

800-222-4444

Option 2



Scammers posing as IRS agents or Treasury Department officials are continuing their deceptive ways. First and foremost, it is important to remember the IRS will first contact you through the mail. If you receive a phone call or suspicious email or text from the IRS, chances are it's a scammer posing as an IRS agent. Are you still unsure? Here are some red flags that the call, email or text you received is not really the IRS:

If the call was...

Aggressive, threatening or offensive

Requiring immediate payment via wire transfer, credit card, prepaid debit card or gift card

Threatening to involve local police or judges to have you arrested

If the email or text was...

Asking for information related to refunds, filing status, confirming personal information, ordering transcripts or verifying PIN information

Asking you to update important information via a hyperlink

If you receive a scam call, hang up immediately and report the call to the IRS at 800-366-4484. If you receive an email, forward it to the IRS at phishing@irs.gov, and then delete it. If you have any questions or concerns don't hesitate to call an AARP Foundation ElderWatch volunteer specialist to help you verify that the call, email or text you received was indeed a scam.



Do You Need to Borrow Medical Equipment?

Have you had a recent surgery? Do you have a guest coming to visit who may need extra assistance? Do you need medical equipment -- long or short term? RCCOA has wheelchairs, walkers, canes, toilet riser seats, a shower transfer chair and a few other supplies available to borrow for FREE.

Contact April for information or to pick up.
970.879.0633
xt. 4



Thank you to our 2019 Corporate Partners. These partners have donated \$500 or more for 2019 to support services of the Routt County Council on Aging and to raise awareness about fighting senior hunger and isolation in our community.

GOLD (\$2000+): Mountain Valley Bank and hearOclub

SILVER (\$1000): Alpine Bank and Yampa Valley Bank

BRONZE (\$500): Bank of the San Juans



Mountain Valley Bank



PLEASE MAKE YOUR DONATION TODAY!

Name: _____

(Please print name as you would like it to appear in RCCOA publications)

Mailing Address: _____

City, State, Zip: _____

Email Address: _____

Phone Number: _____

Gift Amount: _____

THANK YOU!

We happily accept cash or checks payable to RCCOA or donate online www.rccoaging.org



ROUTT COUNTY
COUNCIL ON AGING

Thank You For Your Support!

THANK YOU TO ALL OUR DONORS!

Donations Received February 2019

Bridging the Gap
City of Steamboat Springs
Duplicate Bridge
William and Judith Emerson
Scott and Cindy MacGray

Routt County
Select Super
Sharon Smith
Rozanne Steinhoff
Leonarda Van Der Werf

Tree of Life Remembers

We now have a “tree of life” to ensure the memory of someone you love. An RCCOA memorial donation is the perfect way to honor a friend or family member that has passed away. Make a donation of \$100 or more and the name of your loved one will grace a leaf on our tree. Pay by cash or credit card online and note for whom the donation is remembering.



**A Special
Thank You
to everyone
who
volunteers for
us...**

Meals on Wheels Delivery Drivers

Ashley Demos
Julie Lind
Tosia Sauter
Susan Scott
Tom Swissler

Other Volunteer Efforts

Tanna Brock
Mary Monger
Michelle Castleman
Michael Kenney
Clint Koler

Bill Peck
Terri Reeves
Sharon Smith
Chris Stillwell
Anders Anderson

AGING WELL

April 2019

FITNESS CLASSES

**\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE.**

Steamboat Springs

Movement & Exercise
Mondays, 2:30 - 3:30 pm
Mount View Manor Apts.

Movement & Exercise
Wed. 2:30 - 3:30 pm
Selbe Apartments

Movement & Exercise
Mondays, 10:30 - 11:30 am
Stmbt. Community Center

Movement & Exercise
Thursdays, 10:30 - 11:30 am
Stmbt. Community Center

Tai Chi for Arthritis
Tuesdays, 10:30 - 11:30 am
Stmbt. Community Center

Hayden

Movement & Exercise
1st, 2nd, 4th Tuesday
10:00 - 11:00 am
The Haven Assisted Living

Movement & Exercise
Thursdays, 10:00 - 11:00 am
The Haven Assisted Living

SOUTH ROUTT

Movement and Exercise
Mondays, 10:45 - 11:45 am
South Routt Community Center

(Wednesday class is cancelled
until further notice)

SENIOR WELLNESS CLINICS

Drop ins welcome!
Donations appreciated!

Mt. View Manor Apartments: 1:30 - 2:30 pm
2nd Wed. of the month

Stmbt. Community Center: 11:30 am - 12:30 pm
3rd Tues. of the month

Selbe Senior Apartments: 2:30 - 4:00 pm
4th Wednesday of month

South Routt Community Center: 10:30 am - noon
4th Mon. of the month

Haven Assisted Living: 9 am - Noon
2nd & 4th Wed. of the month

FOOT CARE CLINICS

**\$20 per appt, unless otherwise noted. No one
is turned away due to inability to pay.**

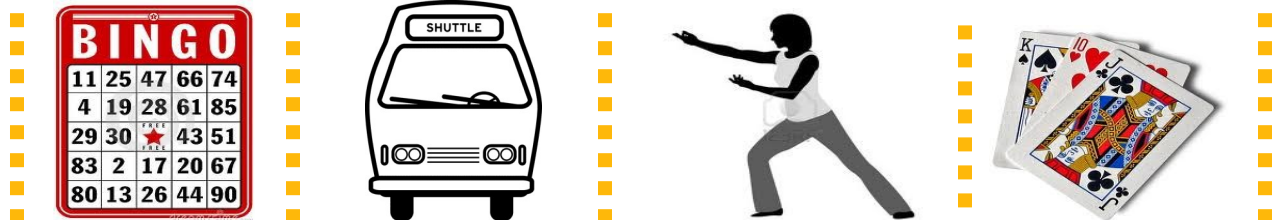
**Steamboat Community Center: Please call
970-870-4146 for appointment. (\$20 donation)**

**Northwest Colorado Health: Please call
970-870-4146 for appointment.**

**Haven Assisted Living: Please call 970-871-7676
for appointment.**

**South Routt Medical Center: Please call
970-734-7998 for appointment.**

SERVICES AND ACTIVITIES OF RCCOA



FOR RESERVATIONS OR QUESTIONS PLEASE CALL 970.879.0633

SENIOR EAT AND GREET

We have three dining rooms in Routt County. The recommended donation for meals is \$3.00 for those 60 and better. Those under 60 must pay \$10.00. Reservations requested 24 hours in advance.

Hayden - American Legion Hall: Noon on Tuesday, Thursday

South Routt - South Routt Community Center: Noon on Monday, Wednesday, Friday

Steamboat - Community Center: Noon on Monday, Tuesday, Thursday, Friday

MEALS ON WHEELS

RCCOA's Meals on Wheels provide hot, low-cost, nutritious meals to homebound seniors. The recommended donation for meals is \$3.00 for those 60 and better. Those under 60 must pay \$10.00. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance.

We deliver frozen meals for weekends, holidays and rural consumers! Please inquire.

TRANSPORTATION

RCCOA provides transportation to and from our programs and dining rooms in Hayden, Steamboat and South Routt. Rides are also available to medical appointments, shopping, trips to the pharmacy and other errands. The recommended contribution is \$2 per trip in city limits or \$3 per trip outside of city limits. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 7 for a calendar of classes, or call Northwest Colorado Health with questions, 871-7676.

BINGO

South Routt: Wednesdays after lunch at the South Routt Community Center

Steamboat: Fridays after lunch at the Steamboat Springs Community Center

BRIDGE

There are several bridge groups that play at various times in Steamboat. Please call us for details.

GROCERY SHOPPING

South Routt: One Thursday a month

Steamboat: Tuesdays after lunch. Please reserve 24 hours in advance.

NUTRITION COUNSELING

The Council on Aging provides this service for our seniors by request. For an appointment please call 970-879-0633 xt 4.

APRIL EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 Bridge 1:00 Stmbt Wellness Clinic S.R. | 2 Bridge 1:00 Stmbt | 3 Bingo: 12:30 S.R. Shuttle to Craig | 4 Paint Ceramic Pots 1:00 Stmbt | 5 Bingo 1:00 Stmbt Bridge 1:00 Stmbt |
| 8 Travels with Nadine Arroyo Bridge 1:00 Stmbt | 9 Bridge 1:00 Stmbt | 10 Bingo: 12:30 S.R. | 11 RCCOA Board Meeting 9:00am | 12 Bingo 1:00 Stmbt Bridge 1:00 Stmbt |
| 15 Bridge 1:00 Stmbt | 16 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt | 17 Bingo: 12:30 S.R. | 18 Caregiver Support Program -Nancy McStay Duplicate Bridge 1:00 Stmbt | 19 Bingo 1:00 Stmbt Bridge 1:00 Stmbt |
| 22 Brain Gym -Jo Anne Grace PhD Bridge 1:00 Stmbt | 23 Bridge 1:00 Stmbt | 24 Caregiver Support Program - Nancy McStay S.R. Bingo: 12:30 S.R. | 25 | 26 Bingo 1:00 Stmbt Bridge 1:00 Stmbt |
| 29 Benefits of Gardening -Holly Rogers, Master Gardener Bridge 1:00 Stmbt Wellness Clinic S.R. | 30 Bridge 1:00 Stmbt Caregiver Support Program - Nancy McStay Hayden | 1 Bingo: 12:30 S.R. | 2 | 3 Bingo 1:00 Stmbt Bridge 1:00 Stmbt |

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 7 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact April at 879-0633 with any questions or ideas.

| Steamboat & South Routt | Steamboat & Hayden | South Routt | Steamboat & Hayden | Steamboat & South Routt |
|---|--|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 1 Chicken Marsala Brown Rice Spinach Multigrain Bread Tossed Salad Strawberry Shortcake | 2 Vegetable, Beef Stew Crackers Biscuit Tossed Salad Cookie | 3 Vegetable, Beef Stew Crackers Biscuit Tossed Salad Cookie | 4 Pork Chop Apple Stuffing Mixed Veggies Italian Bread Tossed Salad Apple Pie | 5 Fish Sandwich Macaroni and Cheese Green Beans Red Cabbage Salad Fruit and Granola Parfait |
| 8 Meatball Sub Oven Brown Potatoes Tossed Salad Raspberry Sherbet | 9 Chicken Cordon Bleu Rice Pilaf Asparagus French Bread Orange Lemon Bar | 10 Chicken Cordon Bleu Rice Pilaf Asparagus French Bread Orange Lemon Bar | 11 White Clam Sauce Linguini Mixed Veggies Zucchini Wheat Roll Tossed Salad Peaches Key Lime Pie | 12 Spinach Enchilada Spanish Rice Tossed Salad Orange Banana Pie |
| 15 Teriyaki Chicken Brown Rice Asian Veggies Egg Roll Asian Salad Nectarine Brownie | 16 Pot Roast Mashed Potatoes Wheat Roll Tossed Salad Apple Crisp | 17 Ham Scalloped Potatoes Green Beans Carrots Green Salad White Bread Oranges Coconut Cake | 18 Ham Scalloped Potatoes Green Beans Carrots Green Salad White Bread Oranges Coconut Cake | 19 Tuna Pattie Brown Rice Peas Wheat Roll Orange |
| 22 Chicken Strips Sweet Potato Fries Mixed Veggies Pasta Salad Fruit Salad | 23 Beef Pot Pie Brussels Sprouts Tossed Salad Cookie | 24 Pork Loin Scalloped Potatoes Cauliflower Wheat Roll Spinach Salad German Chocolate Cake | 25 Pork Loin Scalloped Potatoes Cauliflower Wheat Roll Spinach Salad German Chocolate Cake | 26 Tomato Soup Egg Salad on Rye Tossed Salad Banana Brownie |
| 29 Cheese Ravioli Italian Veggies Italian Bread Bean Salad Banana Wheat Muffin | 30 Meatloaf Mashed Potatoes Gravy Green Beans Biscuit Tossed Salad Chocolate Cake | 1 Meatloaf Mashed Potatoes Gravy Green Beans Biscuit Tossed Salad Chocolate Cake | 2 Pork Chow Mein Brown Rice Egg Roll Asian Salad Pineapple Cottage Cheese | 3 Chicken Quesadilla Minestrone Soup Tossed Salad Cake |

Please call 970-879-0633 24 hours in advance for reservations.