

APRIL SENIOR SCOOP

News and Views from the Council on Aging



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THANK YOU DONORS Donations Received February 2017

Jim and Louis Brainard
City Market
Over The Hill Gang
Phippsburg Community Club
Bill and Tosia Sauter
Harvey Simonsen
Tuesday Bridge
Yampa Valley Bank



**Thank you to everyone who
participated in March for Meals!**

**We had a very successful month
and look forward to sharing our
results with you next month!!**



Staff

Toni Cratsley
Steamboat & Hayden Cook
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Charlotte Whaley
South Routt Kitchen Asst

April 2017

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

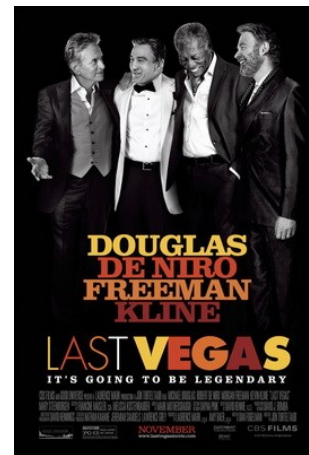
Pizza and a Movie Night

Pizza and Salad will be donated from Papa Murphy's

Tuesday, April 4th 4:00pm



Last Vegas is a 2013 hit comedy about four retired bachelors who travel to Las Vegas for a bachelor party.



AARP Driver Safety Class

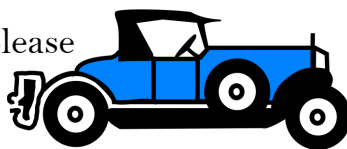
April 21st, 1pm-5pm

Steamboat Springs Community Center

How the AARP Smart Driver Course will help you

- Update driving skills and your knowledge of the rules, and hazards, of the road.
- Learn about normal age-related physical changes and how to adjust your driving to compensate.
- Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.
- Get an insurance discount. Auto insurance companies in Colorado and many other states provide a multi-year discount to course graduates!

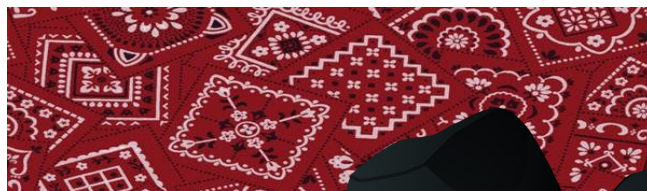
For information and class registration please call Linda Litteral 970-879-1941



Save the Date...

Friday, May 12th 11:30-1:00

SPRING FLING



WESTERN BARBECUE



Take a Trip to Craig, CO

Wednesday, April 12, 9:30am-4:00pm

Shuttle leaving from the Steamboat Community Center

Shopping, Lunch, Museum visits...

Space is limited RSVP 970-879-0633



Meeting Your Nutritional Needs as You Age



By Diana Rodriguez Medically Reviewed by Cynthia Haines, MD

From healthy fats to fiber, aging bodies need certain foods to promote good health. Get tips for eating well and adapting your diet as you get older. There's no question about it: Our bodies change as we age. In turn, seniors have very different nutritional needs than teenagers, children, and even middle-aged adults. Age-related changes can affect how your body processes food, which influences your dietary needs and affects your appetite. These are some of the changes:

Your metabolism slows down. This happens naturally, but it becomes more pronounced if you don't get as much exercise as you should. When your metabolism slows, your body doesn't burn as many calories, which means you need to eat less to stay at a healthy weight. As a result, the foods you eat should be as nutrient-rich as possible. Most women with average activity levels need about 1,800 calories per day. Men with an average activity level need about 2,300 calories each day. You'll need fewer calories if you're sedentary, more if you are very active.

Your digestive system changes. Your body produces less of the fluids that it needs to process food in your digestive system when you get older. These changes can make it harder for your body to absorb important nutrients like folic acid and vitamins B6 and B12.

Your appetite may change. Many seniors take one or more medications for health conditions; these can cause side effects such as a lack of appetite or stomach upset, which can lead to poor nutrition.

Tips to Boost Your Nutritional Health



As you make food choices to improve your nutrition, keep these tips in mind:

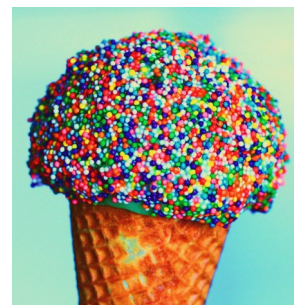
- **Stick to healthy fats.** Choose healthy fats found in seeds, nuts, avocados, fatty fish, and vegetable oils rather than saturated fats and trans fats.
- **Drink up.** Water, of course. To stay hydrated, drink a lot of water and non-caffeinated beverages and eat foods with high water content (like soups, cucumbers, grapes, and melons) unless instructed otherwise by your doctor.
- **Opt for whole grains.** These fiber- and nutrient-rich foods will help your digestion and protect your heart. Choose brown rice, whole grain cereals, and whole wheat bread instead of white bread and refined grains.
- **"Rough up" your diet.** Include a variety of high-fiber foods every day, such as raw fruits and vegetables and whole grains. These foods help cut down on constipation; provide the vitamins, minerals, fiber, and nutrients that you need for healthy aging; help maintain your weight; and reduce your risk of heart problems. If you're not sure you're getting enough fiber, talk to your doctor about supplements.
- **Pack in protein.** Power your body with lean proteins like beans, eggs, chicken and fish, lean meats, and nuts.
- **Remember that calcium is critical.** Everyone needs calcium to protect bone health, but seniors should really bone up on calcium-rich foods like low-fat dairy products. A calcium supplement, usually paired with vitamin D — its partner in bone building — can also help you get what you need.



Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

COTTON CANDY
 MAPLE WALNUT
 PECAN
 BANANA
 TIGER TAIL
 MOOSE TRACKS
 COCONUT
 ROCKY ROAD
 GREEN TEA
 FUDGE
 REESES
 CHOCOLATE
 VANILLA



CONGRATULATIONS Michael Noriega, our March Master Puzzle Solver!!

Would you like to have your name published as a **“Master Puzzle Solver?”**

Would you like to win a **FREE LUNCH?**

Submit your answers at any meal site and you may be chosen as our monthly **“Master Puzzle Solver!”** (Our monthly winners will be drawn from all submitted correct answers.)



CELEBRATE EARTH DAY
SATURDAY, APRIL 22

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.

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 \$6.00. 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 \$6.00. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance. **We are now delivering 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. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with the Northwest Colorado Health. Please see page 8 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 at no cost. For an appointment please call 970-879-0633 xt 4 and we will arrange an appointment with Jenny Thomsen, RDN.

SUPPORT OUR SENIORS



To subscribe to our
monthly newsletter or
see a calendar of
events, please visit

www.rccoaging.org

“Like” us on Facebook



The Easiest Way to Donate to RCCOA City Market Community Rewards®

City Market is committed to helping our communities grow and prosper. Year after year, local schools, churches and other nonprofit organizations will earn thousands of dollars through City Market Community Rewards®.

City Market Community Rewards® makes fund-raising easy...all you have to do is shop at City Market and swipe your Value Card! **Even if you were previously enrolled, you must re-enroll with the new year.**

To enroll visit: <https://www.citymarket.com/topic/community/#/city-market-community-rewards>



Please Share!

Our newsletter reaches at least 600 people in Routt County-most of them seniors. If you know of a service or program that would benefit from them, we'd be glad to make note of it in the Senior Scoop. Please submit all items by the 15th. 970.879.0633 or email april@rccoaging.org.

PLEASE MAKE YOUR DONATION TODAY!

Donations will benefit the nutrition, transportation and recreation programs of RCCOA

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

AGING WELL

APRIL 2017

FITNESS CLASSES

STEAMBOAT

Intro. to Movement & Exercise
Mondays, 2:30 - 3:30 pm
Mountain View Manor Apts.

Intro. to Movement & Exercise
Wed. 2:30 - 3:30 pm
Selby Apartments

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

Advanced Movement & Exercise
Mondays, 10:30 - 11:30 am
SS Community Center

Advanced Tai Chi for Health
Tues, 10:30 - 11:30 am
SS Community Center

SOUTH ROUTT

Movement & Exercise
Mondays, 10:45 - 11:45 am
SR Community Center

Movement & Exercise
Wednesdays, 10:45 - 11:45 am
SR Community Center

Movement & Exercise
Mondays, 9:30 - 10:30 am
Yampa Town Hall

HAYDEN

Intro. to Movement & Exercise
Thursdays, 10—11 am
The Haven Assisted Living
Center (open to the public)



Drop ins welcome!
\$3 suggested donation per
class, unless otherwise noted.

FOOT CARE

Appointment required: 970-871-7676.
\$20 per visit unless otherwise noted

SENIOR WELLNESS

Drop ins welcome! Donations appreciated!

STEAMBOAT SPRINGS

Mtn. Manor Senior Apartments: 1:30 - 2:30 pm
2nd Wed. of the month

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

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

OAK CREEK

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

HAYDEN

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

Your donations help ensure these services continue.
No one will be refused service due to inability to pay
or donate.

STEAMBOAT SPRINGS

Steamboat Community Center: 8:30 - Noon
2nd Thurs. of the month (\$20 donation appreciated)

Northwest Colorado Health: 1 - 4 pm
2nd Thurs. of the month

Northwest Colorado Health: 8:30 am - 4 pm
4th Thurs. of the month

OAK CREEK

South Routt Medial Center: 9 am - 4 pm
1st Thurs. of the month

Oak Creek Senior Apartments: 1 - 4 pm
3rd Thurs. of the month

HAYDEN

Haven Community Center: 1:15 - 2:45 am,
Wednesdays

EVENTS AND ANNOUNCEMENTS




ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Community Ag Alliance Marketplace, Michele Meyer</p>	<p>4</p> <p>Bridge: S.R.</p> <p>Pizza and a Movie —thank you Papa Murphy's</p>	<p>5</p> <p>Bingo: 12:30 S.R.</p>	<p>6</p>	<p>7</p> <p>Bingo: 12:30 Stmbt</p> 
<p>10</p> <p>WII Tennis Tournament</p>	<p>11</p>	<p>12</p> <p>Shuttle to Craig Bingo: 12:30 S.R.</p>	<p>13</p> <p>Foot care: Stmbt</p> <p>Board Meeting</p>	<p>14</p> <p>Bingo: 12:30 Stmbt</p>
<p>17</p> <p>Self Help Legal Services, Tatiana Acher-Szyba</p>	<p>18</p> <p>Bridge: S.R.</p>	<p>19</p> <p>Bingo: 12:30 S.R.</p>	<p>20</p> <p>Duplicate Bridge: Stmbt 9:00-4:00</p>	<p>21</p> <p>Bingo: 12:30 Stmbt</p> <p>AARP Safe Driver Class 1:00-5:00</p>
<p>24</p> <p>NW CO Cultural Heritage Program, Nancy Kramer</p> <p>Wellness Clinic: S.R.</p>	<p>25</p> <p>Wellness Clinic: Stmbt</p>	<p>26</p> <p>Bingo: 12:30 S.R.</p>	<p>27</p>	<p>28</p> <p>Bingo: 12:30 Stmbt</p>

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 8 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact April at 879-0633 with any questions or ideas.

South Routt Steamboat	Hayden Steamboat	South Routt	Hayden Steamboat	South Routt Steamboat
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Chicken Mashed Potato with Gravy Corn Biscuit Orange Sherbet	4 Beef Tacos Pintos Fruit Ice Cream	5 Beef Tacos Pintos Fruit Ice Cream	6 Tomato Soup Egg Salad on Rye Banana Brownie	7 Cod Rice Pilaf Veggie Wheat Roll Fruit
10 Split Pea Soup Chef Salad Apple Sauce Crackers Peanut Butter Cookie	11 Pizza Tossed Salad Apples Brownie	12 Ham Sweet Potato Green Bean Casserole Wheat Roll Apple Pie	13 Ham Sweet Potato Green Bean Casserole Wheat Roll Apple Pie	14 Catfish Black Eyed Peas Greens Cornbread Tangerine Trail Mix Cookies
17 Sloppy Joe Brussel Sprout Tater Tots Fruit	18 Chicken Casserole Sweet Potato Veggie Rye Bread Orange German Chocolate Cake	19 Chicken Casserole Sweet Potato Veggie Rye Bread Orange German Chocolate Cake	20 Pot Roast Potato Wheat Roll Apple Crisp	21 Pork Chow Mein Brown Rice Wheat Roll Pineapple Cottage Cheese
24 Chicken Cordon Bleu Rice Pilaf Asparagus Orange Lemon Bar	25 Spinach Enchilada Spanish Rice Tossed Salad Banana Orange	26 Lamb Stew Biscuit Tossed Salad Ambrosia Salad	27 Lamb Stew Biscuit Tossed Salad Ambrosia Salad	28 Cheeseburger French Fries Mixed Veggies Caesar Salad Strawberry Shortcake

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

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis is available upon request. Lunch is served at noon at the following locations:

Hayden/ American Legion Hall

South Routt/ South Routt Community Center

Steamboat Springs/ Steamboat Springs Community Center