

AUGUST SENIOR SCOOP

News and Views from the Council on Aging



ROUTT COUNTY
COUNCIL ON AGING

Board of Directors

Doc Daughenbaugh
President

Alice Klauzer
President Elect

Jane Romberg
Secretary

Bill Kennedy
Treasurer

Jim Brainard
Pat Crawford

James Erickson
Ellen Kendall

Tosia Sauter
Pegi Simmerman

Ginny Winn
Jeannie Wixon

Vanessa Woodford
Jackie Brown
Executive Director

THANK YOU RCCOA DONORS!

Donations Received June 2016

Doc and Marsha Daughenbaugh
Jim Erickson
Routt County
William Schurman
Pegi Simmerman
Barbara Tuchlinsky
Tuesday Bridge



“Like” us on Facebook
to see more photos!

August 2016

Staff

Jackie Brown
Executive Director
Toni Cratsley
Steamboat & Hayden
Cook

Gil Fifield
Steamboat Driver

Chuck Girton
Hayden Driver

Don Livengood
Steamboat Assistant

Ellyn Myller
Steamboat Driver

Cindy Porter
South Routt Cook

Dave Reid
South Routt Driver

April Sigman
Program Coordinator

Richard Vandecarr
Steamboat Driver

Rebecca Wattles
Hayden Driver

Charlotte Whaley
South Routt Kitchen

Asst.
Jessica Young

Steamboat Kitchen
Asst.

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

Fit for Life: Senior Fitness Day Thursday, August 25th 1:00-3:00pm Steamboat Springs Community Center



Physical fitness is vital to aging well. On August 25th, Routt County seniors have a chance to see how fit they are. At Senior Fitness Day, anyone 60 years or older will be able to test their physical fitness and see how they compare to others their age. The free event is sponsored by Yampa Valley Medical Center and the Routt County Council on Aging. "We're trying to encourage people to stay active and keep moving," said Kim Miles, a physical therapist at YVMC who is a certified exercise expert for aging adults.

The screening day offers a variety of tests. Each test measures things like strength, flexibility and balance. Seniors will learn the level of fitness they meet in various categories. Together, they give an overall picture of someone's fitness. Depending on someone's fitness level, exercises or next steps will be recommended at the screening.

"Exercise, in a way, actually slows down aging," said Susan Ring, also a physical therapist at YVMC who is a certified exercise expert for aging adults. "It keeps you more agile. You're less likely to fall. It helps your brain: people who exercise have better cognitive ability."

Northwest Colorado Health in partnership with the Colorado Prevention Center and Colorado Heart Healthy Solutions are happy to provide you with cardiovascular screenings at no cost. Through the statewide program we are able to provide the below items free of charge with just a finger stick.

FREE Cardiovascular Screenings

- Full Cholesterol Panel
- Glucose Levels
- Blood Pressure
- Cardiovascular Risk
- BMI (Body Mass Index)
- Nutritional Education

NORTHWEST COLORADO
HEALTH

Formerly Northwest Colorado Visiting Nurse Association—VNA

Hayden American Legion

Tuesday Aug. 16th 12:30 – 1:30

South Routt Community Center

Monday Aug. 22nd 12:30 – 1:30

Steamboat Community Center

Thursday Aug. 25th 1-3pm

Meatless High-Protein Foods

Protein functions to build and maintain your body, fight off disease, and keep energy levels high so you can stay alert all day. While it may seem difficult to get a full dose of protein per day (on average 46g for women, 56g for men), implementing a few of these high-protein foods into your diet can help you reach those protein goals. These foods are high in protein and will help to keep your body strong and healthy, sans the meat.

Eggs 6g protein per egg
Beans: 12g protein per 1 cup (black beans)
Peanut Butter: 8g protein per 2 Tbsp
Almonds: 6g per 1/4 cup
Lentils: 9g per 1/2 cup

Cottage Cheese: 13g protein per 1/2-cup
Greek Yogurt: 15g protein per 6-oz
Wild Rice: 6.5g per cup
Edamame: 18g per cup
Lima Beans: 7g per 1/2 cup



cookinglight.com

The Routt County Council on Aging invites you to a BBQ dinner

Serving Cheeseburgers, Baked Beans, Summer Slaw, and Rhubarb Crisp



Wednesday, Aug 3rd @ 4:30pm At the Hayden Town Park

Thursday, Aug 4th @ 4:30pm At Decker Park in Oak Creek

Wednesday, Aug 10th @ 4:30pm At the Steamboat Community Center

All seniors (60 and better) are invited to attend. Suggested donation for those 60+ is \$3. A \$6 fee for those under 60.

Transportation available, RSVP for dinner and/or transportation by calling 970-879-0633

Senior lunches with Colorado Legal Services

Did you know that the state of Colorado offers free legal help to seniors?

Patti and Debbie from Colorado Legal Services will be at the Council on Aging at 11:30 before lunch to answer your questions.

Tues., July 26, Hayden
Wed., Aug 10, South Routt
Thurs., Aug 11, Steamboat

Get more info on senior issues!!

www.coloradolegalservices.org

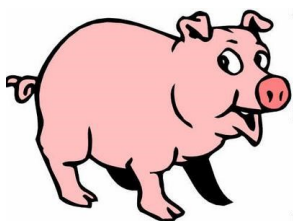
Want to go to the Routt County Fair?!



Thursday, August 18th

We will leave the Steamboat Community Center at 1:15 and return by 4:30pm.

Call 879-0633 xt. 4 for a reservation



IMPORTANT INFO....DON'T BE SCAMMED!

It has come to the attention of law enforcement and the Department of Human Services that scamming, also called phishing, is on the rise in Routt County and many of our residents, especially the elderly, have fallen prey to these scams. There are several scams happening in Routt County with the most virulent from people claiming to be from the Internal Revenue Service ("IRS"). Please be aware and don't fall for the letters, emails or phone calls asking for money and promising you riches.

The scam will often begin as a phone call. The person on the phone will say they are with the IRS and there is a warrant for your arrest for unpaid taxes. The caller will then give specific directions to follow to avoid being arrested. The directions will ask the person being called to send money, gift cards etc. to a particular bank or email. When the person being scammed realizes what has happened, it is often too late to recover their funds.

THE IRS WILL NEVER CALL YOU TO COLLECT TAXES OR ADVISE YOU OF BACK TAXES!!!

These scams can also be seen in letter form. Often a person will receive what looks to be an official letter from IRS demanding money. Before ever taking any action on this letter call IRS directly or your local law enforcement agency. **DO NOT** call the phone number on the letter because you will reach the scammer not IRS.

**THE IRS NEVER EMAILS YOU TO COLLECT TAXES OR ADVISE YOU OF BACK TAXES!
NEVER GIVE PERSONAL INFORMATION TO AN UNKNOWN PERSON OVER THE PHONE!**

Besides the IRS scam local residents have received a call or letter saying they have won a large amount of money but before they can collect it they must follow specific directions, which usually ask the person to take money from their personal account and wire it to a particular account and after doing so they can get their winnings. **DO NOT DO THIS!** This too is a scam.

There are also emails that look like official emails from your financial institution asking you to confirm funds being transferred or asking for funds to be transferred. Your financial institution will **NEVER** email you with such requests.

With all the scams, letters will look official and phone calls will come across as sounding official. **BE AWARE, THEY ARE NOT.**

**YOUR FINANCIAL INSTITUTION WILL NEVER EMAIL YOU TO REQUEST OR
CONFIRM FUNDS TRANSFER.**

If you are not sure if you have fallen prey to a scam or are being scammed contact your local law enforcement agency and they will let you know. Also keep any documents received and give those to law enforcement as well. You can always call Routt County Dispatch at **970-879-1090** and they will direct you to the appropriate law enforcement agency to report the scam. IRS scams may be reported directly to the IRS online at phishing@irs.gov or 1-800-829-1040.

AGAIN, REPORT SCAMS TO:

Routt County Dispatch at (970) 879-1090 or the IRS at 1-800-829-1040 or phishing@irs.gov.

Happy August Birthdays!

- 8-1 Gene Sanders
- 8-3 Betty Doolin
- 8-4 Stormy Sommers
- 8-5 Jim Balthaser
Renata Burgess
- 8-8 Ken Burgess
Jay Hayes
- 8-10 Ron Kashner
Joan Kelly
- 8-19 Rebecca Wattles
- 8-20 Ruby Lou Peters
- 8-22 Walt Robinson
- 8-23 Don Beede
- 8-24 Anita Balthaser
Nancy Such



- 8-25 Pauline Bouchard
Ranny Shaffer
- 8-26 Joann Thomas
- 8-28 Dutch Viele
- 8-29 John Harris
John Mason
- 8-30 Keith Spencer

Our birthday list is compiled from completed consumer assessments. Please accept our apology if your birthday is not listed, and see April to complete a current consumer assessment.

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.)

BOGGLE

HOW MANY WORDS CAN YOU FIND IN THE FOLLOWING BOX? LETTERS MUST BE TOUCHING TO FORM A WORD.

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

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 also 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. 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 at no cost. For an appointment please call 970-879-0633 xt 4 and we will arrange an appointment with Jenny Thomsen, RDN.

AGING WELL

August 2016

STEAMBOAT

Intro. to Movement & Exercise

Mondays, 2:30 - 3:30 pm
Mountain View Manor Apts.

Wednesdays, 3 - 4 pm
Selbe Apartments

Movement & Exercise

Thursdays, 10:30 - 11:30 am
SS Community Center

Advanced Movement & Exercise

Mondays, 10:30 - 11:30 am
SS Community Center

Beginning Tai Chi for Health

Tuesdays, 9:00 - 10:00am
SS Community Center

Advanced Tai Chi for Health

Tuesdays, 10:30 - 11:30 am
SS Community Center

SENIOR WELLNESS CLINICS

Drop ins welcome! Donations appreciated!

STEAMBOAT SPRINGS

Mt. View Manor 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 Apartments: 2:30 - 4 pm
4th Wednesday of month

OAK CREEK

South Routt Community Center: 10:30 am - 12:00
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.

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

Movement & Exercise

Thursdays, 11 am - Noon
Haven Community Center



Drop ins welcome!

\$3 suggested donation per class, unless otherwise noted.

FOOT CARE CLINICS

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

STEAMBOAT SPRINGS

Steamboat Community Center: 8:30 - 11:30 am
2nd Tues. of the month (\$20 donation appreciated)

Northwest Colorado Health: 8:15 am - 12:45 pm
4th Tues. of month

OAK CREEK

South Routt Medial Center: 9 am - 3 pm
3rd Mon. of the month

Oak Creek Senior Apartments: 9 - 11:30 am
1st Mon. of Aug, Oct. and Dec.

HAYDEN

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

YAMPA

Yampa Town Hall: 1:15 - 3:30 pm
1st Mon. of Aug, Oct. and Dec.

SUPPORT OUR SENIORS



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

Meals on Wheels Delivery Drivers

Sandy Berger Tosia Sauter
Tanna Brock Tom Swissler
Marion Gibson Vi Look

July Speakers

The Coventry Quartet –Strings Music Festival
Kate Nowak, E.D. –United Way
Perry Mansfield Performing Arts
Lynn Turner –"A Higher Call"

The Routt County Council on Aging can only achieve its goals with the assistance of generous donations from members and organizations of our community. Without these donations, serving those in our area would not be possible.

We've learned that our programs are essential to helping seniors remain independent and in their homes. In 2016, our core nutrition and transportation programs are thriving. In the first six months of 2016 we have served over 5,500 meals, averaging 45 meals per day. We have reached more seniors needing transportation to and from grocery shopping, doctors appointments and other errands. We are excited to be able to offer these services.

Since our organization relies on the generosity of individuals like you, we ask you to consider a donation to our cause. All gifts are meaningful!

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

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

AUGUST EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Barbara Bronner will share photos and stories of her most recent trip to Australia</p>	<p>2</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>3</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p> <p>BBQ Hayden Town Park 4:30</p>	<p>4</p> <p>BBQ Decker Park 4:30</p>	<p>5</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>8</p> <p>Emerald City Opera summer students will be performing</p>	<p>9</p> <p>Foot care: Stmbt</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>10</p> <p>BBQ Steamboat Community Center</p> <p>CO Legal Services: SR 11:30</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic:</p>	<p>11</p> <p>CO Legal Services: Stmbt 11:30</p>	<p>12</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>15</p> <p>A walk in the park – Botanic Garden Tour</p> <p>Foot Care: S.R.</p>	<p>16</p> <p>Wellness Clinic: Stmbt</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p> <p>NW CO Health Cardio Screening: Hayden</p>	<p>17</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>18</p> <p>Duplicate Bridge Stmbt 9:00–4:00</p>	<p>19</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> 
<p>22</p> <p>Presentation to be announced</p> <p>Wellness Clinic: S.R.</p> <p>NW CO Health Cardio Screening: SR</p>	<p>23</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>24</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic: Haven</p>	<p>25</p> <p>Wellness Day: Stmbt 1:00–3:00</p> <p>NW CO Health and Sports Med</p>	<p>26</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>29</p> <p>Marianne Capra will share Routt County hiSTORY “Flag for the Fourth”</p>	<p>30</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>31</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>1</p>	<p>2</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>

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.

SENIOR EAT *and* GREET

August 2016

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chops Stuffing Green Beans Tossed Salad Oranges Cake/Ice Cream	2 Black Bean Tortilla Casserole Brown Rice Sweet Potato Fruit	3 Lemon Tilapia New Potatoes Coleslaw Brownie	4 Lemon Tilapia New Potatoes Coleslaw Brownie	5 Chicken Fajita Spanish Rice Pinto Beans Oranges
8 Pork Fried Rice Stir Fry Veggies Tossed Salad Wheat Roll Pears Oatmeal Cookie	9 Chicken Teriyaki Brown Rice Kidney Beans Veggies Brownie	10 Chicken Teriyaki Brown Rice Kidney Beans Veggies Brownie	11 Portabella Ravioli Corn Tossed Salad Italian Bread Strawberries and Bananas	12 Beef Tacos Rice Black Beans Cottage Cheese Pineapple
15 Scrambled Eggs Bacon French Toast Bananas	16 Open Faced Turkey Sandwich Mashed Potatoes Green Beans Pears	17 Brisket Potatoes Carrots Italian Bread Fruit	18 Brisket Potatoes Carrots Italian Bread Fruit	19 Veggie Pot Pie Kidney Beans Melon Cup Cookie
22 Italian Chicken with Pasta Wheat Roll Spinach Salad Cantaloupe	23 Chili Cornbread Waldorf Salad Apple Pineapple	24 Chili Cornbread Waldorf Salad Apple Pineapple	25 Cajun Catfish Yams Apple/Cran Slaw Salad Pecan Pie	26 Salisbury Steak Mashed Potatoes Gravy Veggies Orange Peanut Butter Cookie
29 Sloppy Joe Baked Beans Mac Salad Banana Cake	30 Chicken with Mushroom Sauce Mixed Veggies Wheat Roll Cake	31 Ham and Beans Cornbread Tossed Salad Peaches	1 Ham and Beans Cornbread Tossed Salad Peaches	2 3 Cheese Ziti Kidney Beans Tossed Salad English Muffin Strawberries

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