

# August Senior Scoop

## News and Views from the Council on Aging



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### Goodbye July - Hello August

When I think about August, I remember simple things like getting ready for school to start, shopping for new clothes and school supplies, being involved with 4-H and the County Fair (cooking, sewing, cattle, sheep and horses), not wanting summer to end but being excited to see all my friends again.



Now, August is just another month – summer went by too fast, and I get so concerned with complicated details and deadlines. I want to go **Back to the Basics** and concentrate on the simple things.

This month, please join me in focusing on doing a few simple things that make you smile: Give someone a compliment, say Hi, say Thank you, Give your time volunteering – all are **SIMPLE** things but go a very long way.

*Pegi Simmerman*

Pegi Simmerman  
RCCOA Board President

August 2019

### Staff

**April Sigman**

Assistant Director

**Chris Becea**

Steamboat Kitchen Asst.

**Toni Cratsley**

Steamboat & Hayden

Cook

**Gil Fifield**

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**Bill Gibbs**

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**Cindy Porter**

South Routt Cook

**Rebecca Wattles**

Hayden Driver

**Cheryl Carl**

South Routt Kitchen Asst.

**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.*

# Treasures to Find, Support Senior Programs!



## 3rd Annual Rummage Sale & Silent Auction

**August 9-11, 2019**

**Steamboat Springs Community Center**

The RCCOA Rummage Sale and Silent Auction is back! The 2019 Rummage Sale will take place at the Steamboat Springs Community Center on Friday evening, Saturday and Sunday, August 9<sup>th</sup>-11<sup>th</sup>.

**Friday, August 9<sup>th</sup> 4pm – 7pm “Premier Pick”** - A \$10 donation at the door gives you early access to shop for the best finds before the treasures are gone.

**Saturday, August 10<sup>th</sup> 8am - 3pm:** So much to find! And a BBQ too! Silent Auction will close at 3pm. Be sure to get your bid in!

**Sunday, August 11<sup>th</sup> 9am – 3pm:** Your last chance to shop, learn more about RCCOA and support a great program. Pick up Silent Auction items before 3pm.

*All money raised will stay in Routt County and will directly support senior nutrition, transportation and recreation programs.*

**Please call 970-879-0633 for additional information.**

You can participate in the event by donating gently used items,\* donating items for a silent auction, purchasing items at the sale or bidding on silent auction items. **Volunteers are also needed.**



**Donations will be accepted:**

**Steamboat Springs Community Center**

Tues. Aug. 6th, 1:00 pm - 5:00 pm

Wed. Aug. 7th, 11:00 am - 6:00 pm

Thurs. Aug. 8th, 9:00 am - 6:00 pm

Fri. Aug. 9th, 8:00am - 2:00 pm

**Hayden American Legion**

Tues. Aug. 6th, 11:30 am - 1:00 pm

**South Routt Community Center**

Wed. August 7th, 10:00 am - 1:30 pm

\*RCCOA reserves the right to decline items that we feel are not desirable to potential buyers. We **will not** accept books, mattresses or ski/snowboard equipment. All large appliances must have prior approval.

## Meet Our Featured Senior, Michael Kenney

I am, or was,  
James  
Michael  
Kenney. I go  
by Michael.  
I was Spike  
when I was  
younger and



worse when occasion dictated. I loved and love to collect SKILLS. Amongst others, I know how to, and learned about, baking, astronomy, rafting, canoeing, rock climbing, painting, shooting (long and short), pottery, archery, Kendo, horses, dogs and motorcycles. I have published stories and won poetry and art awards. I have a background in history, psychology and archeology. I have worked as a lumberjack in the Sahara Desert. I've worked in construction and as a prison guard (C & D blocks in the Ohio State Penitentiary) and I am a short order cook. I have a sense of humor and am a fierce friend. My reputation with women and children is golden. I'm known to go out of my way to be helpful, earning me the "senior helping senior" award. Oh, and I read everything, except for the weird and scary stuff!

That is mostly me. ~Michael

Thank you for sharing Michael! ~April



### Shopping and Lunch in Craig Wed., August 14th

**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. Please RSVP to April at least 48 hours in advance. 970-879-0633

### Pontoon Boat Ride at Stagecoach Reservoir Wed., Aug. 28th

Pack your hat and sunscreen. We'll supply the rest! Space is limited. \$20 per person, includes transportation, lunch, boat time, and beach time.

Call 970.879.0633 for information and a reservation.





# SERVICES AND ACTIVITIES OF RCCOA

## 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. The fee for those under 60 is \$10.00.

**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

Reservations requested 24 hours in advance. Call 970.879.0633

## 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.

## Meals on Wheels

RCCOA's Meals on Wheels provides 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. 970.879.0633**



# SERVICES AND ACTIVITIES OF RCCOA Cont.

## Need A Ride? Call Us.

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, going to the pharmacy or other errands.

The recommended contribution is \$2 per trip in city limits or \$3 per trip outside of city limits.

Reservations are required 48 hours in advance.

Contact April for information or a reservation. 970.879.0633 xt. 4



## Bingo

**South Routt:** Wednesdays after lunch at the South Routt Community Center  
**Steamboat:** Fridays after lunch at the Steamboat Springs Community Center.  
**NO BINGO FRIDAY AUGUST 9th**

## 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.

## Exercise

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 8 for a calendar of classes, or call Northwest Colorado Health with questions, 970-871-7676.

## Nutrition Counseling

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

# Benefits of Exercise for Seniors and Aging Adults

You've heard it time and again: physical activity and exercise are good for you, and you should aim to make them part of your routine. There are countless studies that prove the important health benefits associated with exercise, and it becomes more important as we age. Regular physical activity helps improve mental and physical health, both of which will help you maintain your independence as you age. Exercise improves overall immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.

The mental health benefits of exercise are nearly endless. Exercise produces endorphins (the "feel good" hormone), which act as a stress reliever and leaves you feeling happy and satisfied. In addition, exercise has been linked to improving sleep, which is especially important for older adults who often suffer from insomnia and disrupted sleep patterns. Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also help improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is extremely important. Whatever the activity you choose to do, the important thing is to keep moving and have fun!

Submitted by Terri Reeves

[www.thegreenfields.org](http://www.thegreenfields.org)

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

## **Meals on Wheels Delivery Drivers**

**Ashley Demos  
Julie Lind  
Tosia Sauter  
Susan Scott**

## **Other Volunteer Efforts**

**Tanna Brock  
Michelle Castleman  
Michael Kenney  
Clint Koler  
Mary Monger**

**Terri Reeves  
Sharon Smith  
Chris Stillwell**



*Thank you to Jaqueline Berkman for leading our summer art class.  
We love having you back!! Your donated time and expertise is  
sincerely appreciated, we thank you for your support of RCCOA!*

To see photos and  
more happening  
events: **"Like" us  
on Facebook**



Help reduce our use of paper.  
Subscribe to our monthly  
newsletter or see a calendar of  
events and menus online, please  
visit [www.rccoaging.org](http://www.rccoaging.org).

## **What's In A Name? Stay Tuned...**

Routt County Council on Aging — RCCOA.  
Who are we and what do we do? Does this  
name describe us sufficiently? RCCOA is  
interested in changing the name of our  
organization to something more fitting, more  
catchy, more creative. Thank you for all of  
your suggestions. The Board of Directors  
will meet this month and consider all ideas.  
Additional ideas will be accepted until  
August 8th.

# Thank You For Your Support!

## THANK YOU TO ALL OUR DONORS!

Donations Received June 2019

Julie Alkema

Alpine Lumber

American Legion Post #44

Bridging the Gap

City of Steamboat Springs

HLCC Construction Company

Bruce and Jane Hannon

Michelle House

Mountain Tap Brewery

Gay Roane

Routt County

Steamboat Bridge

Leonarda VanDerWerf

VFW Post #4264

Vi Look in memory of Anne White

Thank you! ♥

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

# 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](http://www.rccoaging.org)



## AGING WELL

August 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, 10:30 - 11:30 am  
Stmbt. Community Center

**Movement & Exercise**  
Mondays, 2:30 - 3:30 pm  
Mount View Manor Apts.  
*No class July or August*

**Movement & Exercise**  
Wed. 2:30 - 3:30 pm  
Selbe Apartments  
*No class July or August*

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

**Beginning Tai Chi for Arthritis**  
Tuesdays, 9:15 - 10:15 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

### 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.**



# AUGUST EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Routt County Commissioner Forum  Bridge 1:00 Stmbt	30 Bridge 1:00 Stmbt Art Class 1:30 Stmbt  Strings Music Festival presents 511 Brass Band Hayden 12:30	31  Bingo: 12:30 S.R.	1	2 Bingo 1:00 Stmbt Bridge 1:00 Stmbt  Strings Music Festival presents 511 Brass Band Stmbt 12:30
5 BINGO 12:30 Stmbt Bridge 1:00 Stmbt	6 Bridge 1:00 Stmbt Art Class 1:30 Stmbt	7  Bingo: 12:30 S.R.	8	9  NO Bingo NO Bridge  Rummage Sale "Premier Pick" \$10 4:00 - 7:00pm
12 Bridge 1:00 Stmbt	13 Wellness Clinic 11:30 Stmbt  Bridge 1:00 Stmbt	14  Bingo: 12:30 S.R.  Shuttle to Craig	15 Duplicate Bridge 1:00 Stmbt	16 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
19 SNAP Benefits —Erin Miller  Bridge 1:00 Stmbt	20 Bridge 1:00 Stmbt	21  Bingo: 12:30 S.R.	22	23 Bingo 1:00 Stmbt Bridge 1:00 Stmbt  Strings Music Festival presents 511 Brass Band S.R. 12:30
26 Bridge 1:00 Stmbt	27 Bridge 1:00 Stmbt  SNAP Benefits —Erin Miller	28  Bingo: 12:30 S.R.  Pontoon Boat Ride In Stagecoach	29	30 Bingo 1:00 Stmbt Bridge 1:00 Stmbt

<b>Steamboat South Routt</b>	<b>Steamboat Hayden</b>	<b>South Routt</b>	<b>Steamboat Hayden</b>	<b>Steamboat South Routt</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
29 Beef Tacos Spanish Rice Pinto Beans Strawberries and Bananas Chocolate Cake	30 Baked Cod Orzo Cauliflower Wheat Roll Tossed Salad Strawberry Shortcake	31 Baked Cod Orzo Cauliflower Wheat Roll Tossed Salad Strawberry Shortcake	1 Chili Dog French Fries Mixed Veggies Tossed Salad Mixed Fruit	2 Chicken Enchilada Casserole Spanish Rice Green Beans Cucumber Salad Baked Apples
5 Fish Sandwich Green Beans Coleslaw Mandarin Oranges Tossed Salad Sugar Cookie	6 Pot Roast Carrots Potatoes Fruit Cocktail Tossed Salad Chocolate Crème Pie	7 Pot Roast Carrots Potatoes Fruit Cocktail Tossed Salad Chocolate Crème Pie	8 Chicken Pot Pie Broccoli Tossed Salad Strawberries and Creme	9 Pizza Salad Garbanzo Beans Raisins Peanut Butter Bars
12 Stuffed Chicken Mashed Potato with Gravy Asparagus Wheat Roll Key Lime Pie	13 Lasagna Peas Wheat Roll Caesar Salad Yogurt Parfait	14 Salisbury Steak Rice Pilaf Mixed Veggies Tossed Salad Biscuit Orange Sherbet	15 Salisbury Steak Rice Pilaf Mixed Veggies Tossed Salad Biscuit Orange Sherbet	16 Red Beans and Rice Sausage Spinach Salad Cornbread Apricots
19 Shepherd's Pie Wheat Bread Pineapple Tossed Salad Orange Sherbet	20 Turkey Cobb Salad Mushroom and Rice Soup Wheat Roll Apple Ice Cream	21 Italian Sausage with Garlic Herb Sauce Penne Pasta Garlic Bread Squash Salad Peaches Cottage Cheese	22 Italian Sausage with Garlic Herb Sauce Penne Pasta Garlic Bread Squash Salad Peaches Cottage Cheese	23 Tilapia Rice Pilaf Squash White Roll Tossed Salad Orange Cherry Pie
26 Chicken Teriyaki Brown Rice Kidney Beans Mixed Veggies Asian Salad Brownie	27 Meatloaf Mashed Potatoes Gravy Green Beans Wheat Roll Tossed Salad Cantaloupe Chocolate Chip Cookie	28 Meatloaf Mashed Potatoes Gravy Green Beans Wheat Roll Tossed Salad Cantaloupe Chocolate Chip Cookie	29 3 Cheese Ziti Kidney Beans Tossed Salad Tossed Salad English Muffin Strawberries	30 Shrimp Skewers Brown Rice Roasted Veggies Wheat Roll Tossed Salad Honeydew Melon Orange Sherbet

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