

# ***AUGUST SENIOR SCOOP***

## **News and Views from the Routt County Council on Aging**



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### **THANK YOU DONORS**

#### **Donations Received June 2017**

**City of Steamboat Springs**  
**Susan McClung in Honor of Tanna**  
**Brock and Colt**  
**Routt County**  
**Jack Sprengle**  
**Steamboat Springs Rotary Club**  
**Xcel Energy Foundation**

#### **Recommended Reading from Susan Shoemaker's Aging Well Presentation**

**80 Things to Do When  
You Turn 80 -a collection  
of essays edited by  
Mark Chimsky**

**The Art of Growing Old,  
Aging with Grace by  
Marie De Hennezel**

**The Blue Zones by Dan Buettner**

**Live Long, Die Short by  
Roger Landry, M.D., M.P.H.**

**Younger Next Year by Chris  
Crowley and Henry S. Lodge, M.D.**

**You're Only Old Once by Dr. Seuss**



### **Staff**

**Toni Cratsley**  
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**August 2017**

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

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

Serving Cheeseburgers, Baked  
Beans, Potato Salad, and  
Rhubarb Crisp



**Wednesday, Aug. 9th @ 5:00pm** Hayden Town Park

**Tuesday, Aug. 22nd @ 5:00pm** Decker Park in  
Oak Creek

**Wednesday, Aug. 30th @ 5:00pm** Steamboat Springs  
Community Center

All seniors (60 and better) are invited to attend.

Suggested donation for those 60+ is \$3. A \$12.60 fee for those  
under 60.

## Want to go to the Routt County Fair?!



### Wednesday, August 16th

We will leave the Steamboat Community Center  
at 10:00am and return by 2:00pm  
Call 879-0633 xt. 4 for a reservation or questions.



## Save the Date...

Wednesday, September 13th

8:00 am - 3:00 pm

RCCOA Rummage Sale

Thursday, October 12th

1:00 pm - 5:00 pm

Senior Law Day

at the Steamboat Springs  
Community Center



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

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

“Like” us on Facebook



## Fantasy Football Kick-Off Meeting

If you are a football fan and looking for a fantasy football league, or you are just curious about all the fantasy football hype, please join us at Casey's Pond on Monday, August 28.

RCCOA and Over The Hill Gang members are invited to attend a kick-off meeting Aug. 28th from 3:30-4:30 at Casey's Pond to learn more about what fantasy football is and how to play. Depending on the level of interest, we will be forming 1-2 fantasy football leagues that will draft players and meet throughout the season to keep tabs on who's leading the ranks.



Fantasy football is a growing hobby or game - whatever you want to call it - that is catching the nation by storm. Millions and millions of people participate in fantasy football every year. To learn more, attend the kick-off party at Casey's Pond on Aug. 28. Hope to see you there!

Call RCCOA at 970.879.0633 for transportation. Reservation requested at least 24 hours in advance.

## Tread of Pioneer Programs through September 1st

~ **Olympic Heritage Tour** - every Tuesday from 9 - 10:30am.

Starts at Howelsen Hill Lodge (845 Howelsen Parkway)

~ **Downtown Historical Walking Tour** - every Thursday from 9 - 10:30am.

Starts at the Tread of Pioneers Museum (800 Oak St.)

~ **Brown Bag Summer Storytelling Series** - History with the Locals Who Lived It! Every Friday from noon - 1:00pm.

Tread of Pioneers Museum (800 Oak St.)

For more information contact the Tread of Pioneers Museum 970-879-2214  
[www.treadofpioneers.org](http://www.treadofpioneers.org)

*Tread  
of Pioneers*  
**MUSEUM**  
STEAMBOAT SPRINGS, CO



# Maintaining Muscle Mass

By: Kylee Schuler, B.S. Human Nutrition, UNC Dietetic Intern



**Consider this:** Your muscles not only help with movement, but they also help support our bones, metabolism, and energy levels.

**Did You Know?** After age 30, we can lose 3 to 8 percent of our muscle mass annually. This condition is called sarcopenia and can be influenced by diet and exercise.

## Ways to Prevent Muscle Mass Loss:



**Resistance training:** Resistance training does not equal bulking up, but rather helps maintain muscle groups. Resistance training does not have to occur in a gym. In fact, you can use free weights, bands, and body weight at your home. The American College of Sports Medicine recommends that you strength train 2-3 times/week for 20 minutes/session. Sessions can include pushups, curls, planks, and dips. Start with a goal of 8 to 12 repetitions and work your way up to 2 to 3 sets.

**Weight-bearing exercise:** Weight-bearing exercise not only helps with maintaining muscle mass, but it can also help to strengthen bones and prevent osteoporosis. The American College of Sports Medicine recommends weight-bearing exercise, such as walking or balance exercises like Tai Chi and yoga, 3-4 times/week for 30-60 minutes.

**Healthy diet:** What you eat can affect your muscle mass as you age. Current research suggests that anyone over age 65 should take in 1-1.2g/kg of protein each day. For example, if you weigh 120 lbs., you would need about 60g per day. This would equate to about 20 grams of protein per meal, including protein in snacks as well. Some examples of good protein sources are: eggs, low-fat milk, plain, low-fat Greek yogurt, nuts, beans, and soy products.

### References:

<http://www.eatright.org>

<https://certification.acsm.org/blog/2014/january/the-basics-of-personal-training-for-seniors>

[https://www.andeal.org/vault/2440/web/Older\\_Adults\\_JADA.pdf](https://www.andeal.org/vault/2440/web/Older_Adults_JADA.pdf)

**We Want to Know...** Please take a few minutes to answer these questions.

1. Do you enjoy/wish to see Monday presentations continue? \_\_\_\_\_
2. What would you like to have presentations about? \_\_\_\_\_
3. What special events/activities would you be likely to attend? \_\_\_\_\_
4. What is your greatest need that you have difficulty with (i.e. homecare, medication management, transportation...)? \_\_\_\_\_

Please return your answers to April or Meg. Thank you for your feedback.



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

**Monday  
Presentations**  
Susan Shoemaker  
C Street Brass



**Meals on Wheels  
Delivery Drivers**  
Tanna Brock and Colt  
Julie Lind  
Susan Scott  
Tom Swissler  
Tosia Sauter

**Other Volunteer  
Efforts**  
Jacqueline Berkman  
Tanna Brock  
Mary Monger  
Jim O'Connor  
Terri Reeves  
Chris Stillwell



## Avoid Telephone Scams

Every year, thousands of people lose their money and personal information to telephone scams. Typically, phone scammers will try to sell you something you hadn't planned to buy and will pressure you to give up personal information like your credit card or social security numbers.

In telemarketing fraud, phone scammers will often use exaggerated or even fake prizes, products or services as bait. Some may call you, but others will use mail, text, or ads to get you to call them for details.

### Types of phone scams include:

**Travel Packages** - "Free" or "low cost" vacations can end up costing a fortune in hidden costs.

**Credit Loans** - Popular schemes include advance fee loans, payday loans, Social Security Income advances and credit card loss protection.

**Fake business and investment opportunities** - As business and investing can be complicated, scammers take advantage of people not researching an investment.

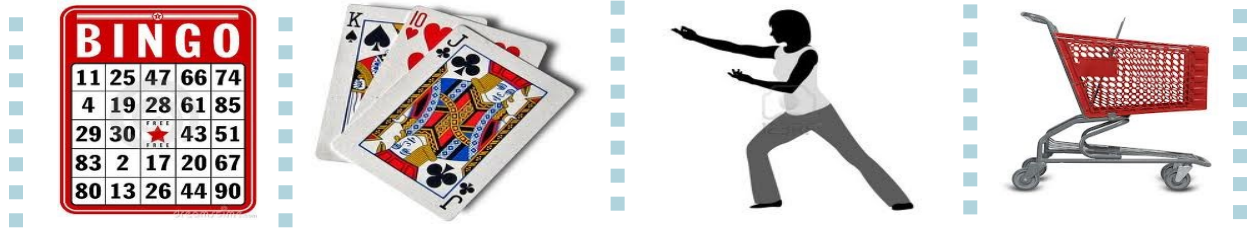
**Charitable Causes** - Many phone scams involve urgent requests for disaster relief efforts.

Report Telephone Fraud with the Federal Trade Commission (FTC) online or by phone at 1-877-382-4357

**National Do Not Call List  
Register your home or cell  
phone number with this  
registry. It won't stop all  
unsolicited calls, but will  
help stop most.**  
**1-888-382-1222**

**AARP Foundation ElderWatch™**  
In Partnership with the Colorado Attorney General

# 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 \$12.60. 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 \$12.60. 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 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



ROUTT COUNTY  
COUNCIL ON AGING



## Donations Needed for the Routt County Council on Aging Inaugural Rummage Sale

The 2017 Rummage Sale will take place at the Steamboat Springs Community Center Wednesday, September 13th, 8:00 am - 3:00 pm. All money raised will stay in Routt County and directly support senior nutrition, transportation and recreation programs.

You can participate in the event by donating gently used items (all appliances must have prior approval), 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 - Aug. 28th - Sept. 1st, and Sept. 5 - Sept. 8  
10:00 am - 3:00 pm.

Hayden American Legion - Aug. 29th, 31st, Sept. 5th, and 7th  
11:30 am - 1:00 pm

South Routt Community Center - Aug. 28th, 30th, Sept. 1st, 6th and 8th  
11:00 am - 1:30 pm

or by special arrangement.

Call 970-879-0633 xt. 4 for additional information.

\*RCCOA has the right to decline items that we feel are not desirable to potential buyers.

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

## AGING WELL

August 2017

### FITNESS CLASSES

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

**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

**Beginning Tai Chi for Arthritis**  
Tues, 9:15 - 10:15 am  
Stmbt. Community Center

**Advanced Tai Chi for Health**  
Tues, 10:30 - 11:30 am  
Stmbt. Community Center

**Tai Chi for Arthritis**  
Mondays, 10:30 - 11:30 am  
SR Community Center

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

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

**Movement & Exercise**  
Thursdays, 10:00 - 11:00 am  
The Haven Assisted Living  
Center in Hayden

### SENIOR WELLNESS

**Drop ins welcome!**  
**Donations appreciated!**

#### STEAMBOAT SPRINGS

Mount 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 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

### FOOT CARE

**Appointment required: 970-871-7676.**  
**\$20 per apt. No one is turned away due to inability to pay.**

#### STEAMBOAT SPRINGS

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

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 Medical 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 pm  
Wednesdays



# EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Emerald City Opera	1 Art Class: 1:30 Stmbt	2	3	4 Bingo: 1:00 Stmbt 
7	8 Art Class: 1:30 Stmbt	9 Bingo: 12:30 S.R. BBQ: 5:00 pm Hayden American Legion	10 Foot care: Stmbt Board Meeting: 10:30 Hayden	11 Bingo: 1:00 Stmbt
14 Dr. Deborah Price, Audiologist, Hearing as we Age	15 Bridge: 12:30 S.R. Art Class: 1:30 Stmbt	16 Bingo: 12:30 S.R. Routt County Fair 10:00 - 2:00	17 Duplicate Bridge: Stmbt 9:00-4:00	18 Bingo: 12:30 Stmbt
21 Liz Leipold, Travel to Bhutan Wellness Clinic: 10:30 S.R.	22 Wellness Clinic: 11:30 Stmbt BBQ: 5:00 pm Decker Park Oak Creek	23 Bingo: 12:30 S.R.	24	25 Bingo: 12:30 Stmbt
28 Fantasy Football Kick Off Party 3:30 @ Casey's Pond	29	30 BBQ: 5:00pm Steamboat	31	1

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.

<b>South Routt Steamboat</b>	<b>Hayden Steamboat</b>	<b>South Routt</b>	<b>Hayden Steamboat</b>	<b>South Routt Steamboat</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
31 Spaghetti and Meatballs Green Beans Tossed Salad Garlic Bread Banana Cookie	1 Sub Sandwich Kidney Beans Italian Pasta Salad Peaches Watermelon	2 Catfish Beets Peas Tossed Salad Lemon Bar	3 Catfish Beets Peas Tossed Salad Lemon Bar	4 Chicken and Wild Rice Cauliflower, Broccoli and Carrot Mix Tossed Salad Wheat Roll Mandarin Oranges
7 3 Cheese Ziti Kidney Beans Tossed Salad English Muffin Strawberries	8 Turkey Cobb Salad Mushroom Rice Soup Wheat Roll Ice Cream Apple Juice	9 Pork Chop Stuffing Green Beans Tossed Salad Oranges Cake Ice Cream	10 Pork Chop Stuffing Green Beans Tossed Salad Oranges Cake Ice Cream	11 Chicken Enchilada Rice Pilaf Green Beans Cucumber Salad Baked Apples
14 Orange Chicken Rice Stir Fry Veggie Mix Berries Pound Cake	15 Lemon Tilapia New Potatoes Coleslaw Brownie	16 Beef Ribs Corn Coleslaw Tossed Salad Wheat Roll Peaches	17 Beef Ribs Corn Coleslaw Tossed Salad Wheat Roll Peaches	18 Hot Ham and Cheese Sandwich Macaroni Salad Tossed Salad Pears
21 Baked Potato Bar Broccoli with Cheese Wheat Roll Tossed Salad Apple Cottage Cheese	22 Chicken with Mushroom Sauce Mixed Veggies Wheat Roll Cake	23 Chicken with Mushroom Sauce Mixed Veggies Wheat Roll Cake	24 Beef Taco Salad Pinto Beans Watermelon Oranges Cake	25 Italian Sausage with Garlic Herb Sauce Penne Pasta Bread Stick Squash Salad Peaches Cottage Cheese
28 Chicken Noodle Casserole Peas Wheat Roll Cranberry Spinach Salad Fruit Cup	29 Meatloaf Mashed Potato Mixed Veggies Whole Grain Bread Tossed Salad Oranges Brownie Ice Cream	30 Meatloaf Mashed Potato Mixed Veggies Whole Grain Bread Tossed Salad Oranges Brownie Ice Cream	31 BLT Potatoes Pasta Salad Watermelon OJ	1 Clam Chowder Chef Salad Wheat Roll Pears Lemon Bar

**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

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | [www.rccoaging.org](http://www.rccoaging.org)