

DECEMBER SENIOR SCOOP

News and Views from the Council on Aging



THANK YOU RCCOA DONORS! Donations Received October 2015

Sharon Fuller in memory of Peter Yurich
Kroger
Tom and Barbara Swissler
United Methodist Women

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Help reduce our use of paper. Subscribe to our monthly newsletter via email, or see a calendar of events and menus online, please visit www.rccoaging.org

Staff

Jackie Brown
Executive Director

Toni Cratsley
Steamboat & Hayden
Cook

Gil Fifield
Steamboat Driver

Don Livengood
Steamboat Driver

Ellyn Myller
Steamboat Driver

Cindy Porter
South Routt Cook

Rex Randall
Steamboat Kitchen Asst.

Dave Reid
South Routt Driver

April Sigman
Program Coordinator

Richard Vandecarr
Steamboat Driver

Rebecca Wattles
Hayden Driver

Charlotte Whaley
South Routt Kitchen Asst

December 2015

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

You're Invited...

**Wednesday, December 2nd
4:30-6:30pm**

**2015 Routt County Council on Aging
Holiday Party & Open House
Food, Drinks, and Holiday Cheer!**

Steamboat Springs Community Center

Serving Deviled Eggs, Cream Cheese
Pinwheels, Vegetables and dipping platters

Beef, Chicken and Tofu Skewers with
Horseradish Sauce, Peanut Sauce, and
Siracha Sauce

Chocolate Cake with Sugar Coated Raspberries

Please RSVP to April at
970.879.0633 x4
or april@rccoaging.org

Wednesday, December 9th ...

Shopping trip to Silverthorne or
Craig (weather dependent) RSVP
to April 970-879-0633 We will
head were the majority of those
signed up want to go.



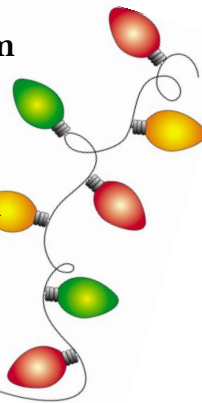
RCCOA CLOSURES

We will be **closed**
Thursday and Friday,
December 24th and 25th
for Christmas, and
Friday, January 1st for
New Year's Day. Frozen
meals are available prior
to the holiday weekend.
Let April know if you are
interested.

Thursday, December 10th ... 10:00am
RCCOA Board Member Meeting.
Steamboat Springs Community Center

Thursday, December 10th...12:30pm
Hayden American Legion. Elementary
school carolers! RSVP to join for lunch.

Thursday, December 17th... 6:00pm
Holiday Lights tour. Take a ride on the
shuttle to view holiday light displays.
RSVP to April.



Save the date: Thursday, January 14th 1:00-5:00pm AARP Driver Safety Class
Steamboat Springs Community Center, For information and class registration please call Jane
or Bud Romberg 879-0064



GIVE WHERE YOU LIVE!

Colorado Gives Day is an annual statewide movement to celebrate philanthropy in Colorado. For the sixth consecutive year, Community First Foundation and First Bank are partnering to present Colorado Gives Day. Donations are safe, secure and accepted through YampaValleyGives.org.

Help us increase the amount of donors who give to RCCOA on Colorado Gives Day 2015!

In 2014, RCCOA raised \$1400 from 19 donors on Colorado Gives Day. Our goal is to increase the number of donors and the amount received in 2015!!



Thank you to our wonderful board members for your time and dedication to Routt County Council on Aging. Your knowledge and leadership are valued and greatly appreciated.

Outgoing Board Members:

Pauline Bouchard
Renata Burgess
Michelle House
Marlene Horace Fisher
Bruce Lindahl
Tom Swissler

Welcome to **Bill Kennedy and Ginny Winn**, our new board members. Thank you for joining our board.

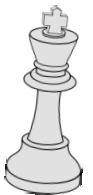
Thank you to everyone serving on the board of directors and the new officers:

Doc Daughenbaugh – president
Alice Kaluzer – president elect
Jane Romberg – secretary
Bill Kennedy – treasurer



Do you play chess? Are you interested in some friendly competition?

Contact April if you would like to be part of a new chess group. 970-879-0633



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 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 april@rccoaging.org.



**Everyone
needs a
partridge in
a pear tree
this time of
year!**

Many fruits are out of season during the winter months, but Pears are one of the few fruits available fresh during this time.

Pears are among the most popular fruits in the world, and it's no wonder why! They are an excellent source of fiber and a good source of vitamin C. And, they're sodium free, fat free, and cholesterol free. That's a lot of nutrition in one sweet and juicy package!

Eating a variety of fruits and vegetables is the foundation for a healthy lifestyle, and pears are a delicious part of this menu. But what makes pears so healthy? A medium sized pear (about 166 grams) is a nutrient-dense food that contains only 100 calories, and is fat free. A nutrient dense food is any food that provides vital nutrients (such as vitamins and minerals), but relatively few calories. Nutrient dense foods are also usually higher in fiber and water, components that tend to make us feel full faster and for longer. One medium pear provides 6 grams of fiber. The average American adult should consume approximately 2 cups of fruit per day. One medium-sized pear is approximately one cup, so you're halfway there with just one pear!



Warning Signs of Abuse, Neglect, and Exploitation

- S**udden changes in behavior, finances, or lifestyle
- P**hysical injuries, dehydration, or malnourishment
- E**xtrême withdrawal, depression, or anxiety
- A**bsence of basic care or necessities
- K**ept away from others
- U**nsanitary living conditions
- P**ersonal items or money missing



Adult Protective Services Role In The Community

The role of Routt County Department of Human Services' Adult Protective Services (APS) program is to prevent and stop the abuse, exploitation, and self-neglect of at-risk adults. At-risk adults are people who are 18 years old and older who cannot obtain services necessary for their health, safety, or welfare, or lack the understanding or ability to make or communicate responsible decisions.

While APS' main responsibility is to provide protective services to at-risk adults, there are limitations to the protective services APS can provide. Because adults have rights they may choose to refuse help from APS - even when they appear to need it.

APS also works with Adult Protection (AP) teams made up of representatives from various professions and agencies that are committed to protecting at-risk adults. AP Team members meet Monthly to review APS cases for quality and discuss additional services to protect at-risk adults. The role of AP Team members is advisory only and all members are required to keep APS information confidential.

If you suspect mistreatment or self-neglect, it's okay to speak up. You should immediately report the situation to the Routt County Department of Human Services at 970-870-5533. Ask to speak to Adult Protection intake. If calling about an emergency situation during non-business hours, contact Routt County Communication at 970-879-1090 to make the report.

All reports are confidential and can be made anonymously. However, it is helpful to APS if you provide your contact information so APS can contact you, if needed.

So Many December Holidays!

Who Celebrates each holiday below and what date does the holiday fall on in 2015?

<u>Holiday</u>	<u>Who Celebrates</u>	<u>Date</u>
Saint Nicholas Day	_____	_____
Saturnalia	_____	_____
St. Lucia Day	_____	_____
Hanukkah	_____	_____
Yule	_____	_____
Boxing Day	_____	_____
Three Kings Day/Epiphany	_____	_____
Kwanzaa	_____	_____
Omisoka	_____	_____
Fiesta of Our Lady of Guadalupe	_____	_____

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!”

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

Meals on Wheels Delivery Drivers

Sandy Berger Tosia Sauter
Tanna Brock Tom Swisler
Marion Gibson

November Speakers

Bill Cousins Sarah Jones
Tread of Pioneers Museum

Thank you

Tanna Brock, Ralph Gourley, Don Little
and Jim O'Connor **for helping with bridge.**
Mary Monger **for helping with lunch clean**
up.

Jim Stanko **for our new bingo set.** Chris
Stillwell **for all your bingo help.**
Loita Mauer and Mike Markle **for**
cleaning up outside the American Legion
in Hayden

Happy December Birthdays!

12-1	Scout Rouse	12-10	Bernie Gagne
12-2	Lorraine Boyle	12-14	Mike Bird
	Jim Brainard	12-15	Diana Simon
12-3	Den Hebard	12-17	Sue Carpenter
	Michael Noriega		Karen Leslie
	Jim Stanko		
12-4	Marion Gibson	12-23	Dutch Ebaugh
12-5	James Sandrin	12-26	Pauline Graham
	Madeline Weishaar	12-28	Nancy Howell
12-7	Alice Iacovetto		
	Jenny Thomsen		
12-8	Tom Swisler		

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.

SERVICES AND ACTIVITIES OF RCCOA



ROUTT COUNTY
COUNCIL ON AGING



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 VNA. Please see page 8 for a calendar of classes, or call the VNA 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



“Like” us on Facebook



GIVE WHERE YOU LIVE

Colorado Gives Day - Dec 8, 2015
support your favorite local nonprofits



HELP, HELP, HELP....

The January bulletin board needs YOU!

Please help us ring in the New Year by bringing in a baby photo or any photo of you before 18 years old.

All photos will be returned undamaged; give to April or Ellyn. Thank you!!



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 exciting programming brings new people into our dining rooms for lunch and onto our vans for rides. In 2015 our core nutrition and transportation programs are seeing more people every day. In our Steamboat dining room alone, we are serving an average of 30 seniors each day.

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!

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 FITNESS

STEAMBOAT

Intro. to Movement & Exercise

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

Intro. to Movement & Exercise

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

NEW! Beginning Tai Chi for Health

Tuesdays, 9:30 - 10:30 am
SS Community Center

Tai Chi for Health

Tuesdays, 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

Movement & Exercise

Thursdays, 11 am - Noon
Haven Community Center



Drop ins welcome!

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

SENIOR WELLNESS CLINICS

Drop ins welcome! Donations appreciated!

STEAMBOAT SPRINGS

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

Steamboat 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

OAK CREEK

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

HAYDEN

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

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

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 Tuesday of the month (\$20 donation appreciated)

VNA Community Health Center: 8:15 am - 12:45 pm
4th Tuesday of month

OAK CREEK

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

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

DECEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: _____

South Routt: _____

Hayden: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Bridge 1:00 Stmbt</p> <p>Mahjong 1:00 Stmbt</p>	<p>1</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>2</p> <p>Holiday Party 4:30 pm </p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>3</p>	<p>4</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>7</p> <p>Mike Forney, Storyteller with Spellbinders</p> <p>Bridge 1:00 Stmbt</p> <p>Mahjong 1:00 Stmbt</p>	<p>8</p> <p>Foot care: Stmbt</p> <p>WII 12:00</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>CO Gives Day</p>	<p>9</p> <p>Silverthorne Shopping Day</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic: Haven</p>	<p>10</p> <p>Board Meeting 10:00am Stmbt</p> <p>Elementary Carolers 12:30 Hayden</p>	<p>11</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> 
<p>14</p> <p>NY Choreographer, Antonio Brown with Perry Mansfield dancers</p> <p>Foot Care: S.R.</p>	<p>15</p> <p>Wellness Clinic: Stmbt</p> <p>WII 12:00</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>16</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>17</p> <p>Duplicate Bridge Stmbt 9:00-4:00</p> <p>Holiday Lights Tour 6:00pm</p>	<p>18</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>21</p> <p>Yampa Valley Singers</p> <p>Wellness Clinic: S.R.</p> 	<p>22</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>23</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic:</p>	<p>24</p> <p>All Sites Closed</p>	<p>25</p> <p>Merry Christmas</p> <p>All Sites Closed</p>
<p>28</p> <p>Bridge 1:00 Stmbt</p> <p>Mahjong 1:00 Stmbt</p>	<p>29</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>30</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>31</p> 	<p>1</p> <p>Happy New Year!</p> <p>All Sites Closed</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.

SENIOR EAT *and* GREET December 2015

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Turkey Sandwich Squash Soup Fruit Salad Chocolate Chip Cookie	1 Fish Sticks Scalloped Potatoes Broccoli Salad Wheat Roll Oranges	2 Roast Beef Mashed Potatoes Gravy Peas Texas Toast Fruit Parfait	3 Roast Beef Mashed Potatoes Gravy Peas Texas Toast Fruit Parfait	4 Chili Rice Spinach Biscuit Fruit
7 Spaghetti and Meatballs Green Beans Garlic Bread Tossed Salad Sugar Cookie	8 Baked Potato Bar Broccoli and Cheese Chef Salad Peaches Oatmeal Blueberry Muffin	9 BBQ Beef Sandwich Coleslaw Pasta Salad Fruit Salad	10 BBQ Beef Sandwich Coleslaw Pasta Salad Fruit Salad	11 Chicken Caesar Salad Brussel Sprouts Bread Apple Pie
14 Pork Loin Mashed Potatoes Broccoli Italian Bread Raspberry Sherbet	15 Egg Salad Sandwich Mushroom Barley Soup Crackers Banana	16 Baked Chicken Mashed Potatoes Corn Italian Bread Oranges Orange Sherbet	17 Baked Chicken Mashed Potatoes Corn Italian Bread Oranges Orange Sherbet	18 Open Faced Roast Beef Sandwich Mashed Potatoes French Green Beans Carrots and Celery Peaches
21 Tuna Sandwich French Onion Soup North Bean Salad Blueberry Cupcakes	22 Ham Sweet Potatoes Green Bean Casserole Wheat Roll Apple Pie	23 Ham Sweet Potatoes Green Bean Casserole Wheat Roll Apple Pie	24 All Sites Closed	25 All Sites Closed Merry Christmas
28 Enchilada Bake Spanish Rice Tossed Salad Fruit	29 Hot Ham and Cheese Sandwich Chicken Noodle Soup Cucumber Salad Strawberries Chocolate Cake Ice Cream	30 Hot Ham and Cheese Sandwich Chicken Noodle Soup Cucumber Salad Strawberries Chocolate Cake Ice Cream	31 Lemon Baked Fish Potatoes Pea Salad Wheat Bread Fruit Cottage Cheese	1 All Sites Closed Happy New Year 

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