

DECEMBER SENIOR SCOOP

News and Views from the Council on Aging



THANK YOU RCCOA DONORS!

Donations Received October 2017

American Legion Post #44
Arthur Anderson Memorial Endowment
City Of Steamboat Springs
Duplicate Bridge Group
Gard Robinson
McEvoy Share Plan
Routt County
Routt County United Way
Ski Corp. Charitable Fund
Tuesday Bridge Group
WZ Giving Circle



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December 2017

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

You're Invited...

Wednesday, December 6th

4:00-6:00pm

2017 Routt County Council on Aging Holiday Party & Open House

Food, Drinks, and Holiday Cheer!

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

Friday, December 8th... 12:00pm

Bingo at the Hayden
Congregational Church

Thursday, December 14th ... 10:30am

RCCOA Board Member Meeting at the
Steamboat Springs Community Center.

Wednesday, December 20th ...

Shopping trip to Craig. Leaving the
Community Center at 9:30 am and returning
by 4:00pm. RSVP to April 970-879-0633.

Thursday, December 21st... 5:00pm

Holiday Lights tour. Take a ride on the
shuttle to view holiday light displays.
Space is limited, RSVP to April
970-879-0633.

Monday, December 25th ... All sites

closed for Christmas. Frozen meals are
available prior to the holiday weekend. Let
April know if you are interested.



'Tis the season for holiday shopping and since many people will purchase their holiday gifts online, this is a good time for some internet safety reminders. Here are some tips for protecting your personal and financial information while shopping online:

- Don't share your banking information while using **free public Wi-Fi** or public computers.
- Only shop on secure sites that begin with "**https**" and/or display a padlock in your browser.
- Only shop with online merchants you are familiar with. If you are unsure about a merchant **do your research**.
- Make sure your computer and browser security features are **installed and updated**.
- Confirm a working **customer service phone number** in case you have issues with the product.
- Avoid shopping for a product based upon **unsolicited** emails, texts or pop-up advertisements.
- Be suspicious if you are shopping for a product and one site is offering **unbelievably lower prices** than anywhere else online. They may be trying to collect personal information or sell knock-off products.
- Read the fine print**, terms and conditions and return policy before finalizing any purchase.
- Keep a record** of your purchase on file in case you need to reference it in the future.
- Regularly check your **credit card statements** to ensure all transactions are authorized by you.

If you are concerned about the safety and security of your information online, you always have the option to shop over the phone or in a store.

Adult Protective Services Role – What Do They Do?



RCCOA has an ongoing relationship with Routt County Adult Protective Services (APS) as part of our goal to support the needs of seniors. APS exists to protect adults, including seniors, who are at-risk and are unable to guard their own interests. APS is designed to intervene in situations where there is danger of abuse, neglect, or exploitation of at-risk adults. APS' response on a reported situation depends on the allegations and the condition of the at-risk adult. When APS responds to a report, the first step is to interview the at-risk adult and determine if the mistreatment or self-neglect is actually happening. Next, APS tries to find out if the adult has the ability to make responsible decisions and if they understand the consequences of their decisions. The ability to understand and communicate responsible decisions is referred to as "decisional, mental, or cognitive capacity." Adults with capacity have all the same rights as any other adult no matter what their condition or disability might be. Adults with capacity have the right to refuse or accept some or all of the help APS offers. The right to accept or refuse services is known as "Consent." APS must get the consent of an at-risk adult who has capacity in order to provide protective services.

APS cannot provide legal advice or be an adult's medical proxy decision maker. APS cannot force a client to participate in medical or mental health treatments or place the adult in a facility against their will. If a court determines that an at-risk adult lacks the ability to make decisions to keep them safe, APS may ask a court for guardianship.

If you suspect mistreatment, you should report the situation to 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.

Cranberries... A Super Food

Cranberries are often a popular part of holiday celebrations in the form of cranberry sauce, cranberry drinks and dried cranberries added to stuffing, casseroles or desserts. No one knows for sure how cranberries became associated with holiday feasts, but historians guess that it had something to do with the Native Americans, who used cranberries not only for food and medicine but also to make dyes for clothing and blankets.



As far as healthy foods go, cranberries are at the top of the list due to their high nutrient and antioxidant content and are often referred to as a "super food." Not to mention, half a cup of cranberries contains only 25 calories!

The possible health benefits of consuming cranberries include lowered risk of urinary tract infections, prevention of certain types of cancer, improved immune function, decreased blood pressure and more.

The same proanthocyanidins in cranberries that help prevent UTIs may also benefit oral health by preventing bacteria from binding to teeth, according to Researchers at the Center for Oral Biology and Eastman Department of Dentistry at the University of Rochester Medical Center. Cranberries may also be beneficial in preventing gum disease.



Incorporating more cranberries in your diet

Cranberries are native to North America and are farmed on approximately 40,000 acres across the northern United States and Canada. They can be refrigerated for up to two months before using and can also be frozen for later use. Choose cranberries that are firm to the touch and unwrinkled.

Here are a few good ways to add cranberries to your diet:

- *Make a homemade trail mix with unsalted nuts, seeds and dried cranberries.
- *Include a handful of frozen cranberries in a fruit smoothie.
- *Add dried cranberries to your oatmeal or whole grain cereal.
- *Toss dried or fresh cranberries into your favorite muffins or cookie recipe.
- *Include fresh cranberries in an apple dessert like pie or cobbler for an extra kick of flavor.

Potential precautions

You may want to steer clear of a high intake of cranberries if you take the blood-thinning drug warfarin, also known as Coumadin. There has been conflicting evidence on the potential for cranberries to enhance the drug's effect on the body. Several cases of increased bleeding due to suspected interactions with cranberry juice and Warfarin have been reported.

<http://www.medicalnewstoday.com>

What a Year It's Been By Meg Tully, Executive Director

They say that time flies, but time zooms at warp speed here at RCCOA. Part of the disappearing time dilemma is that things are always so busy here, but I think most of the reason is that time loses its status when you're spending it with people you enjoy.

In reflecting on my first year at RCCOA, I feel an overwhelming sense of gratitude. I'm so very thankful for so very much -- the friends, the food, the conversations, the constant hustle and bustle. Did I mention the peanut butter bars? I'm extra thankful for those.

I'm proud of our Board of Directors and of everyone that works and volunteers here. I'm amazed at what we've accomplished together this past year. Some noteworthy milestones include our frozen meal delivery service to North Routt; an added day of transportation for our Hayden route; the inaugural Rummage Sale and BBQ; successful March for Meals campaign; the list goes on. In fact, last year we saw an increase of 13% for meals provided and 20% for rides provided. 2017 numbers will be even larger once the tallies are in.

We have big plans for 2018. One of those plans is to issue a survey to you, our clients, to see how you think we can improve. What would you like to see more of? We know that expanded exercise options are wanted, so we'll use various strategies to better meet this need.

As we expand services, we'll need more funding. In fact, we saw cuts in revenue this past year from some of our traditional funders. For this reason, we'll be ramping up our efforts to diversify our funding sources, including applying to new grant sources. As always, any size donation you care to share is more than appreciated. Our resources go towards serving you -- you are our purpose. Where else can you say it's all about YOU?

Thank you, friends, for making this a life-sustaining year for me. My hope is that we are doing the same for you. Onwards and upwards we go!



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

Other Volunteer Efforts

Tanna Brock	Michael Kenny
Michelle Castleman	Mary Monger
Lavon Cheek	Jim O'Conner
Maybelle Chotvacs	Terri Reeves
Amy Coleman	Chris Stillwell
Clint Koler	

November Speakers

Corbett Hart
Suzie Romig

Meals on Wheels Delivery Drivers

Tanna Brock
Julie Lind
Tosia Sauter

Susan Scott
Tom Swissler



Photo submitted by Tanna Brock.

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 \$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



You can schedule your Colorado Gives Day donations in advance at [www.Colorado Gives.org](http://www.ColoradoGives.org). See April or Meg if you need assistance online.

Help us raise \$10,000 this CO Gives Day! That's \$100 from 100 people!

Our services have expanded this year to meet the growing needs of seniors in our county. Your donations will enable us to sustain this much-needed growth.

Can't give \$100? A donation of any size makes an impact.



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.

"The Council on Aging has been a lifesaver for me, because I am a low-income senior. The food is great, and I have made many dear friends over lunch. Thank You!" ~RCCOA participant

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

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

Tai Chi for Health

Tues, 10:30 - 11:30 am
Stmbt. 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 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 - 12:00pm
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.

FOOT CARE CLINICS

Appointment required. New Contact number
970-734-7998. \$20 per visit. No one is turned
away due to inability to pay.

STEAMBOAT SPRINGS

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

Northwest Colorado Health: 1:00—4:00 pm
2nd Fri. of the month

Northwest Colorado Health: 1:00—4:00 pm
4th Fri. of the month

OAK CREEK

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

Oak Creek Senior Apartments: By appointment

HAYDEN

Haven Community Center: 1:15 - 2:45 pm
Wednesdays

DECEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Bridge 1:00 Stmbt	28 Beginning Bridge 1:00 Stmbt Bridge: S.R.	29 Shuttle to Silverthorne Bingo: 12:30 S.R. Foot care: Haven	30	1 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
4 Holiday Craft Making Bridge 1:00 Stmbt	5 Beginning Bridge 1:00 Stmbt CO Gives Day	6 Holiday Party 4:00pm Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	7	8 Bingo: Hayden Foot care: Stmbt Bingo 1:00 Stmbt Bridge 1:00 Stmbt
11 Bridge 1:00 Stmbt Foot Care: S.R.	12 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	13 Suzie Romig will share about the Yampa Valley Sustainability Council CARE projects Bingo 12:30 S.R. Foot care: Haven	14 Jenny Thompson, R.D. will share nutrition information and counseling in Hayden	15 Bingo 1:00 Stmbt Bridge 1:00 Stmbt 
18 Bridge 1:00 Stmbt Wellness Clinic: S.R.	19 Beginning Bridge 1:00 Stmbt	20 Shuttle to Craig Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	21 Duplicate Bridge 9:00am Stmbt Holiday Lights Tour 5:00 pm	22 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
25 Merry Christmas All Sites Closed	26 Beginning Bridge 1:00 Stmbt Bridge: S.R.	27 Bingo: 12:30 S.R. Foot care: Haven	28	29 Bingo 1:00 Stmbt Bridge 1:00 Stmbt

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 2017

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Tuna Casserole Mixed Veggie Tossed Salad Jello OJ	28 Squash Soup Turkey Sandwich Fruit Salad Tossed Salad Chocolate Chip Cookie	29 Squash Soup Turkey Sandwich Fruit Salad Tossed Salad Chocolate Chip Cookie	30 Meatball Sub Potatoes Tossed Salad Raspberry Sherbet	1 Pork Chow Mein Lo Mein Noodles Sesame Broccoli Wheat Roll Mandarin Oranges Nut and Raisin Cup
4 BBQ Chicken Mashed potato/gravy Green Beans Tossed salad Wheat Roll Fruit Salad	5 Baked potato bar Broccoli & Cheese Wheat roll Tossed salad Apple Cottage Cheese	6 Italian Sausage Pasta Brussel Sprouts Italian salad Bread sticks Baked apples	7 Italian Sausage Pasta Brussel Sprouts Italian salad Bread sticks Baked apples	8 Brisket Cheesy potato Parmesan broccoli Wheat roll Pears
11 Sweet & Sour Chicken Brown rice Tossed salad Wheat roll Oranges/Banana	12 Catfish Scalloped sweet potato Coleslaw Tossed salad Bran muffin Fruit	13 BBQ Beef Sandwich Cheesy potato Tossed salad Apricots Chocolate Chip Cookie	14 BBQ Beef Sandwich Cheesy potato Tossed salad Apricots Chocolate Chip Cookie	15 Biscuits & Gravy Eggs Hash Browns Cherry Crisp
18 Shrimp Tacos Mixed Veggie Coleslaw Banana	19 Black Bean Burger Zucchini Peas Chocolate Chip Cookie	20 Baked Ham Sweet Potato Green Bean Casserole Tossed Salad Wheat Roll Apple Pie	21 Baked Ham Sweet Potato Green Bean Casserole Tossed Salad Wheat Roll Apple Pie	22 Flank Steak Rice Pilaf Carrots Wheat Roll Oranges Cake
25 Closed Christmas Day	26 Beef Stroganoff Carrots Beet Salad Oranges Coffee Cake	27 Beef Stroganoff Carrots Beet Salad Oranges Coffee Cake	28 Ham Salad Sandwich Cream of Potato Soup Pinto Beans Tossed Salad Fruit	29 Chicken Fajita Spanish Rice Pinto Beans Tossed Salad Oranges

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