

# FEBRUARY SENIOR SCOOP

## News and Views from the Council on Aging



**February 2017**

### Board of Directors

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President

**Pegi Simmerman**  
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**Vanessa Woodford**

2016 was a wonderful year at the Routt County Council on Aging. We had many exciting events, trips, and were able to assist more seniors in more ways than in previous years. We are looking forward to a wonderful 2017 and are excited to help you in any way possible. Please share your needs with us and we will do our best to help you.



### 2016 Program Statistics

**Congregate Meals Served:**  
8,375

**Meals on Wheels Served:**  
2,698

**Total Meals Served:**  
11,073

**Total Rides Provided:**  
3,145

### Staff

**Toni Cratsley**  
Steamboat & Hayden Cook

**Gil Fifield**  
Steamboat Driver

**Chuck Girton**  
Hadyn Driver

**Don Livengood**  
Steamboat Kitchen Assist

**Ellyn Myller**  
Steamboat Driver

**Cindy Porter**  
South Routt Cook

**Dave Reid**  
South Routt Driver

**April Sigman**  
Assistant Director

**Meg Tully**  
Executive Director

**Rebecca Wattles**  
Hayden Driver

**Charlotte Whaley**  
South Routt Kitchen Asst

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## Executive Director's Message

Wow, time flies – I can't believe it's been one month as your new Executive Director! It'll take a while for me to grasp the full scope of the job, but I've learned a lot in the past thirty days.

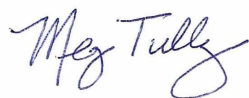
My background is nonprofit management, and I ran Historic Routt County for six years before joining RCCOA. Prior to that, I worked twenty years at a nonprofit trade association for professionals that deal with soil erosion primarily as a result of urban development.

I'm honored to now be a member of the RCCOA team. And a Super Bowl-winning team it is! April Sigman is beyond fabulous as Assistant Director of Programs – ask a question, April knows the answer! And I can credit Toni Cratsley with the five pounds I've gained so far due to her delicious cooking. We have the best drivers ever, and caring volunteers on the Board and those who lead exercise classes, cooking demonstrations, health clinics and deliver meals on wheels.

The most important thing I've learned is that you – our clients – are fantastic! You make RCCOA what it is, and you give our organization a personal, warm feel. You have welcomed me with open arms, and I will do my very best to serve you.

I'm a firm believer in partnerships to achieve our mission, which is to determine the needs of the senior citizens in Routt County and to make every effort to meet those needs with appropriate action. We can accomplish more working together. April and I are part of a brand new group called the Elder Event Task Force that met for the first time in January. Other organizations that are part of the group are Casey's Pond, Over the Hill Gang, City of Steamboat, Tread of Pioneers Museum, Yampatika and more. The intent is to increase communication among our groups so that you know what's going on in the community that pertains to your interests. We have other developments in the works to ensure that we are serving you the best we can, including a needs assessment survey.

I look forward to getting to know all of you and to embracing this new chapter together.



Meg Tully,  
Executive Director



# **A BIG THANK YOU TO OUR MANY DONORS!!**

**Donations Received December 2016**

American Legion Post #44  
Julie Alkema  
Anonymous  
AV Hunter Trust  
Pat and John Ayer  
Stewart and Bobbo Beall  
Joe and Lynne Bier  
Tom and Pauline Bouchard  
Jim and Louise Brainard  
Paige Brookstein  
Michelle Caragol  
Kathleen Cline and Carl Steidtmann  
Colorado Gives Day  
Doc and Marsha Daughenbaugh  
Jim and Louis Davidson  
Pinky and Steve Downs  
Gil Fifield  
John and Marlene Fisher  
Sherrie Ford  
Donna Garth  
Elissa Greene  
Scott and Jennifer Grosjean  
Marge Gustin  
Joan Heimbach  
Michael and Deanna Hines  
Grace Holt  
Liana Jones  
Ron Kashner  
Bill Kennedy  
Ev Kragh  
Laurie Kuelthau  
Glenn and Barbara Lamoree  
LJH Oak Creek, Inc.  
Tom and Dawn Lillie  
Celeste Mackey  
Kenneth and Diane Manley  
Leif McCole and April Sigman  
Ross McLaren  
Meals on Wheels Association of America  
Pat and Marijo Moran

James Moylan  
Scott and Ellyn Myller  
Jeff and Judy Nelson  
Monica Niedermeier  
Northwest Graphics  
Todd and Kathryn Pedersen  
Cindy Porter  
Jean Ray  
Barbara Robinson  
Bud and Jane Romberg  
Judith Ray  
Bill and Tosia Sauter  
Karen and Joel Schulman  
Pegi Simmerman  
Harvey Simonsen  
Emmett and Louise Stafford  
Tom and Barbara Swissler  
Clare Taylor  
Tuesday Bridge Group  
Michelle Wakeman  
Susana and Gordon Watson  
Ginny Winn  
Wesley and Vanessa Woodford

Special donations in memory of loved ones

Eclipse Window Tinting in memory of  
Betty Voigt  
Donna Mae Hoots in memory of Lloyd and  
Evelyn Monger  
John and Kate Shively in memory of  
Joe Tully  
Rebecca Lewis and Jerry Johnson in  
memory of Evelyn Lewis



# February is American Heart Health Month

## Heart-Healthy Habits for Seniors ~

By Diana Rodriguez and Medically Reviewed by Pat F. Bass, III, MD, MPH

Heart disease is a major threat to senior health - in fact, 84 percent of people age 65 years and older die from heart disease. Though heart disease risks increase with age, it doesn't have to be an inevitable part of getting older. The right lifestyle habits and a heart-healthy diet can help protect you. What exactly is heart disease? It's the term given to a group of different health conditions that affect the heart. In the United States, the most common form of heart disease is called coronary artery disease (CAD). CAD is often responsible for serious cardiovascular events like a heart attack, heart failure, chest pain and irregular heartbeat, also called arrhythmia.

### Know the Symptoms of Heart Disease

The warning signs of heart disease often don't appear until you're having a heart attack. **Symptoms of an emergency or impending heart attack may include:**

- |   |  |
|---|--|
| Feeling faint                               | Feeling very full or having indigestion      |
| Weakness or a sensation of light-headedness | Pain or pressure in the chest                |
| Having a hard time catching your breath     | Unusual pains in the back, shoulders or neck |
| Feeling nauseous or vomiting                | An irregular heartbeat                       |

### How to Reduce Your Heart Disease Risks

Many health conditions can contribute to heart disease and increase your risk of having a heart attack. Heart disease treatment and heart attack prevention requires that you treat all other contributing health problems and keep them under control. **To treat heart disease you should:**

- |   |                             |
|---|-----------------------------|
| Lower high blood pressure and high cholesterol levels | Keep diabetes under control |
| Take medication to treat angina (chest pain)          |                             |

### 6 Steps to Heart Disease Prevention

You can keep your heart healthy no matter how old you are, but it does take effort - possibly even changes in your everyday habits, such as eating a heart-healthy diet and increasing your activity level. Here's how to get started:

**Get enough exercise.** This means at least 30 minutes of exercise almost every day of the week.

**Quit smoking.** If you do smoke, it's time to quit.

**Eat a heart-healthy diet.** Load up on fresh fruits and vegetables while limiting saturated fats, salt and foods containing cholesterol, like fatty meats.

**Watch your numbers.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.

**Minimize stress in your life.** Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.

**Watch your weight.** Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

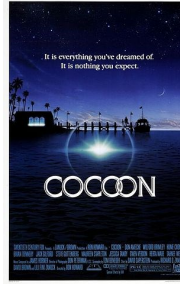
Source: <http://www.everydayhealth.com/>



## Coming Events...

### Pizza and a Movie

Thursday, February 23 4:00pm



### Bingo at the Hayden Congregational Church Friday, February 10th

Bingo and Lunch primarily for seniors but open to all. Begin at 11:00 a.m. and end about 1:00 p.m. or so. The event, which includes lunch, is free to all!

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

#### Meals on Wheels Delivery Drivers

Tanna Brock  
Tosia Sauter  
Susan Scott  
Tom Swissler



#### January Speakers

Steve Johnson  
Tom Collins  
Lindsey Simbeye

#### Bingo Volunteers Chris Stillwell



**RCCOA will be closed Monday, February 20th in honor of the President's Day Holiday.** Frozen meals are available prior to the holiday weekend. If you have questions or are interested in a frozen meal contact April 970-879-0633 xt. 4.



### Steamboat Springs To Craig Shuttle

Join us Wednesday, March 8th for a day of shopping, errands and lunch in Craig, CO. The shuttle will leave the community center at 9:30am and return by 4:00pm. Call to reserve your seat. 879-0633



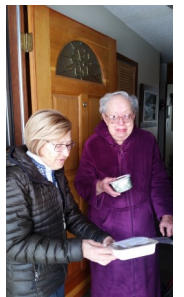
## Happy February Birthdays!

- |  |                        |
|--|------------------------|
| 2-1 Renee Johnson<br>Elizabeth Leipold | 2-13 Gretchen Hayes    |
| 2-4 Don Alperti                        | 2-15 Annabeth Lockhart |
| 2-5 Tosia Sauter                       | 2-24 Don Livengood     |
| 2-7 Bruce Lindahl                      | 2-25 Carol Villa       |
| 2-8 Daniel Barratt<br>Gerald Golding   | 2-26 Bill Hutchinson   |
|  | 2-28 Johanna Russell   |
| 2-10 Delores Rogers                    |                        |



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.

Do you want to help seniors in our community? Do you have an hour and a half at lunch to spare and a reliable car? The Routt County Council on Aging is in **NEED OF VOLUNTEERS** to deliver Meals On Wheels to homebound seniors. Contact April for more details. **970-879-0633 xt. 4.**



# 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 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 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



## The Easiest Way to Donate to RCCOA City Market Community Rewards®



City Market is committed to helping our communities grow and prosper. Year after year, local schools, churches and other nonprofit organizations will earn thousands of dollars through City Market Community Rewards®.

City Market Community Rewards® makes fund-raising easy...all you have to do is shop at City Market and swipe your Value Card! **Even if you were previously enrolled, you must re-enroll with the new year. To enroll visit:**  
<https://www.citymarket.com/topic/community/#/city-market-community-rewards>

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 2016 our core nutrition and transportation programs saw a huge increase in the number of people served. In our Steamboat dining room alone, we are serving an average of 35 seniors each day. That is a 30% increase in one year!

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!

## Thank you to such a caring community!

## 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!**

## AGING WELL

February 2017

### STEAMBOAT

#### Intro. to Movement & Exercise

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

Wednesdays, 2:30 - 3:30 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, 9:45 - 10:30 am  
SS Community Center

#### Advanced Tai Chi for Health

Tuesdays, 10:45 - 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

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 - 4:00pm  
4th Wednesday of month

### OAK CREEK

South Routt Community Center: 10:30 am - 12:00pm  
4th Mon. of the month

### HAYDEN

Haven Community Center: 9:00 am - 12:00pm  
2nd & 4th Wed. of the month

## 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 Medical Center: 9:00 am - 3:00 pm  
3rd Mon. of the month

Oak Creek Senior Apartments: 9:00 - 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.

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



# EVENTS AND ANNOUNCEMENTS



Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Casey's Pond –Lindsey Simbeye and Kari Kalar Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	31 Beginning Bridge 1:00 Stmbt Bridge: S.R.	1 Bingo: 12:30 S.R. Foot care: Haven	2  Happy Groundhog Day	3 Body in Balance 10:30 Bingo 1:00 Bridge 1:00
6 Yampa Valley Sustainability Council– Sarah Jones Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	7 Beginning Bridge 1:00 Stmbt	8 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	9 RCCOA Board Meeting 10:30am	10 Body in Balance 10:30 Bingo 1:00 Bridge 1:00 Bingo: Hayden
13 Youth Resiliency Blankets –Katy Theil Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	14 Foot care: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R. 	15 Shuttle to Craig Bingo 12:30 S.R. Foot care: Haven	16 Duplicate Bridge Stmbt 9:00–4:00	17 Body in Balance 10:30 Bingo 1:00 Bridge 1:00
20 President's Day All Sites Closed 	21 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt	22 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	23 Pizza and a Movie Stmbt 4:00	24 Body in Balance 10:30 Bingo 1:00 Bridge 1:00 
27 Africa part 2 –Linda Litteral Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	28 Beginning Bridge 1:00 Stmbt Bridge: S.R.	1 Bingo: 12:30 S.R. Foot care: Haven	2	3 Body in Balance 10:30 Bingo 1:00 Bridge 1:00

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>
30 Pizza Tossed Salad Garbanzo Beans Raisins Crème Puff	31 Beef Tips Mashed Potato Gravy Spinach Wheat Roll Apple Sauce	1 Beef Tips Mashed Potato Gravy Spinach Wheat Roll Apple Sauce	2 Mushroom Stroganoff Peas Tossed Salad Garlic Bread Cookie 	3 Honey BBQ Chicken Veggie Sweet Potato Wheat Roll Orange Sherbet
6 Pork Chow Mein Asian Broccoli Salad Multigrain Roll Mandarin Oranges Cottage Cheese	7 Meatloaf Scalloped Potatoes Green Beans Wheat Bread Peaches Cake	8 Meatloaf Scalloped Potatoes Green Beans Wheat Bread Peaches Cake	9 Turkey Noodle Soup Squash Spinach Wheat Bread Orange	10 Fish Sandwich Mac N Cheese Green Beans Coleslaw Fruit Parfait
13 Chicken Broccoli Alfredo Roasted Red Peppers Caesar Salad Banana Apple Cobbler	14 BBQ Beef Sandwich Coleslaw Macaroni Salad Kidney Beans Fruit 	15 Pork Chop Baked Apples Broccoli with Cheese Oatmeal Raisin Cookie	16 Pork Chop Baked Apples Broccoli with Cheese Oatmeal Raisin Cookie	17 Vegetable Barley Soup Egg Salad Sandwich Crackers Banana
20 Closed President's Day	21 Italian Sausage Red Beans and Rice Spinach Cornbread Apricots	22 Italian Sausage Red Beans and Rice Spinach Cornbread Apricots	23 Moroccan Chicken Couscous Asparagus Wheat Roll Cookie	24 Beef Fajitas Spanish Rice Refried Beans Ambrosia Salad
27 Chicken Wings Roast Potatoes Kidney Beans Tossed Salad Fruit	28 Jambalaya Zucchini Okra Tossed Salad Banana Crème Pie	1 Roast Beef Mashed Potato Gravy Green Beans Pineapple Mandarin Oranges Cake	2 Roast Beef Mashed Potato Gravy Green Beans Pineapple Mandarin Oranges Cake	3 Black Bean Burger Zucchini Peas Tossed Salad Chocolate Chip Cookie

**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