

JULY SENIOR SCOOP

News and Views from the Council on Aging



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THANK YOU DONORS!!

Donations Received May 2016

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July 2016

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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

EATING HEALTHY –THINK RED, WHITE AND BLUE



When choosing foods this July be patriotic; put a little Red, White, & Blue in your diet. Strawberries, cauliflower and blueberries offer great nutrition.

Strawberries are a great source of antioxidants that help inhibit the oxidation of other molecules. Oxidation is a chemical reaction that can produce free radicals, leading to chain reactions that may damage cells. In an evaluation based on common serving sizes, **strawberries came out 3rd among all U.S. foods** including spices, seasonings, fruits, and vegetables! (In this analysis based on serving size, only blackberries and walnuts scored higher in total antioxidant capacity.) **Strawberries are also being found to improve unwanted inflammation** when eating one cup serving of strawberries, three times a week – medicine never tasted so good!

Cauliflower is one of the cruciferous vegetables you'll want to eat on a regular basis. Lab studies show that one of the phytochemicals found in cruciferous vegetables - sulforaphane - can stimulate enzymes in the body that detoxify carcinogens before they damage cells, says Matthew Wallig, DVM, PhD. Meaning **cauliflower fights cancer**. If you want to receive the fantastic health benefits provided by the cruciferous vegetable family, at a minimum, include cruciferous vegetables as part of your diet 2-3 times per week, and make the serving size at least 1-1/2 cups.



Blueberries and the brain...one of the most exciting new areas of research on blueberries is the area of cognitive benefits. In one study involving older adults (with an average age of 76 years), 12 weeks of daily blueberry consumption was enough to improve scores on two different tests of cognitive function including memory. While participants in the study consumed blueberries in the form of juice, three-quarters of a pound of blueberries were used to make each cup of juice. As participants consumed between 2 and 2-1/2 cups per day, they actually received a very plentiful amount of berries. The authors of this study were encouraged by the results and suggested that blueberries might turn out to be **beneficial not only for improvement of memory, but for slowing down or postponing the onset of other cognitive problems frequently associated with aging**.

<http://www.whfoods.com>

<http://www.webmd.com/food-recipes/super-veggies-cruciferous-vegetables>

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

**Meals on Wheels
Delivery Drivers**

Sandy Berger
Tanna Brock
Marion Gibson
Vi Look
Tosia Sauter
Tom Swissler

June Speaker Series

Terri Rose –Harp
John Bohecker –Magic
Coventry Quartet

**Other
Volunteers**

Mary Monger
Chris Stillwell
Dave and Linda Tipton

**Express Yourself...
with Art
Jacqueline is back!!!**



We are so excited that French artist and instructor Jacqueline Berkman has returned to Steamboat! This summer we will offer a 3 week art class with

Jacqueline. Tuesdays July 12th, 19th, and 26th from 1:30-3:30pm at the Steamboat Springs Community Center. She will be guiding this fun and expressive class including foundation of design and the power of colors. Join us to learn, explore and develop your artistic talents in a friendly and relaxed atmosphere. Space is limited so see April to register or call 879-0633 ext. 4. Register by July 6th. The cost for the 3 week class is \$9, most art supplies will be provided, other supplies to be discussed at the first class.

Wednesday, July 27th



Leaving from the
Steamboat Springs
Community Center at
9:30am, returning by
4:00pm

Suggested donation \$5
Reservation Required
970-879-0633



**It's time to go
shopping in
Craig, CO!**



7-5 Pauline O'Brien
Hank Schaffer

7-6 Clyde Iacovetto
Jan Serafy

7-7 Betsy Zimmerman

7-8 Gene Cook

7-10 Betty Jane Romick

7-12 Cherril Sanders

7-14 Rosemary Ooyen

7-15 Tanna Brock
John Fisher
Beverly Mack

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.

7-21 Susannah Lusk

7-22 Jean Coen

7-23 Mary Lou Lombardi

7-26 June Specht

7-27 Peggy Klumker

7-30 Mary Maynarich
Nancy Parent

**Routt County Council on Aging
will be Closed
Monday, July 4th
in observance of
Independence day.
Celebrate Safely!!**

Happy July Birthdays!

Happy 4th of July! Unscramble these words related to the holiday.

1. ERORWKSIF _____
2. TTRIOPACI _____
3. REYBTIL _____
4. PEDNINENDECE _____
5. TVREUONOIL _____
6. CEBERABU _____
7. RAST GLANSPE NERABN _____
8. DAPAER _____
9. TELCIENBORA _____
10. KSPRASLRE _____
11. CEDLNAOITAR _____
12. UTNNSOCTTIOI _____



Congratulations to our June Master Puzzle Solver! Katherine Gourley

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!”** (Our monthly winners will be drawn from all submitted correct answers.)

SUPPORT OUR SENIORS



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

www.rccoaging.org

“Like” us on Facebook



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, or have them present at a meal site. Please submit all items by the 15th. 970.879.0633 or email april@rccoaging.org.



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 thrived. In our Steamboat dining room alone, we are serving an average of 32 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!

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

AGING WELL

JULY 2016

FITNESS STEAMBOAT

Intro. to Movement & Exercise

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

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

Beginning Tai Chi for Health

Tuesdays, 9:00 - 10:00am
SS Community Center

Advanced Tai Chi for Health

Tuesdays, 10:30 - 11:30 am
SS Community Center

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 - 12:00
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.

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.

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 Medial Center: 9 am - 3 pm
3rd Mon. of the month

Oak Creek Senior Apartments: 9 - 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.

JULY EVENTS AND ANNOUNCEMENTS



Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 The Strings Music Festival brings us the Coventry Quartet	28 Bridge: S.R.	29 Bingo: 12:30 S.R. Foot care: Haven	30	1 Bingo: 1:00
4 Happy Independence Day All Sites Closed	5	6 Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	7	8 Bingo: 1:00
11 Kate Nowak, Executive Director, Routt County United Way	12 Bridge: S.R. Footcare: SBS Art Class 1:30 SBS	13 Bingo: 12:30 SR Foot care: Haven	14	15 Bingo: 1:00
18 A walk in the park – tour the botanic park Wellness Clinic: S.R.	19 Wellness Clinic: SBS Art Class 1:30 SBS	20 Foot care 9:00 Sorocco Preschool kids joining for lunch and Bingo Foot care & Wellness Clinic: Haven	21 Duplicate Bridge: SBS 9:00-4:00	22 Bingo: 1:00 
25 “A Higher Call” by Adam Makos. An Incredible True Story of Combat and Chivalry in the War-Torn Skies of World War II, presented by Lynn Turner	26 Bridge: S.R. Art Class 1:30 SBS	27 Bingo: 12:30 S.R. Foot care: Haven Shuttle to Craig	28	29 Bingo: 1:00

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 6 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact April at 879-0633 with any questions or ideas.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 BBQ Chicken Baked Potato Biscuit Fruit Salad	28 Tuna Wrap Tomato Soup Crackers Deviled Eggs Ambrosia Salad	29 Tuna Wrap Tomato Soup Crackers Deviled Eggs Ambrosia Salad	30 Vegetable Pasta Primavera Spinach Salad Wheat Roll Strawberries and Bananas	1 Cabbage Rolls Green Beans Tossed Salad Apple Sauce
4 Happy Independence Day All Sites Closed	5 Spinach Frittata Zucchini Wheat Roll Fruit	6 Chicken Salad Sandwich Baked Beans Coleslaw Peaches Chocolate Chip Cookie	7 Chicken Salad Sandwich Baked Beans Coleslaw Peaches Chocolate Chip Cookie	8 Teriyaki Shrimp Brown Rice Veggies Tossed Salad Wheat Roll Honeydew
11 Tuna Casserole Veggies Tossed Salad Wheat Roll Peaches	12 Vegetable Beef Soup Crackers Tossed Salad Wheat Roll Pineapple Granola	13 Meatloaf Mashed Potatoes Lima Beans Biscuit Pineapple Vanilla Wafers	14 Meatloaf Mashed Potatoes Lima Beans Biscuit Pineapple Vanilla Wafers	15 Chili Relleno Casserole Brown Rice Succotash Cottage Cheese Banana Cake
18 Chicken, Bean Burrito Brown Rice Salsa Tossed Salad Honeydew	19 Lentil Cakes Spinach Carrots Cheesecake Blueberries	20 Pork Roast Roasted Potatoes Peas and Carrots Wheat Roll Chocolate Chip Cookie	21 Pork Roast Roasted Potatoes Peas and Carrots Wheat Roll Chocolate Chip Cookie	22 Sub Sandwich Pasta Salad Kidney Beans Peaches Watermelon
25 Baked Chicken Mashed Potatoes Broccoli Wheat Roll Apple	26 Cheeseburger French Fries Veggies Caesar Salad Strawberry Shortcake	27 Cheeseburger French Fries Veggies Caesar Salad Strawberry Shortcake	28 Baked Potato Bar Broccoli with Cheese Wheat Roll Cottage Cheese Pineapple	29 Beef Ribs Dirty Rice Green Beans Coleslaw Banana Pudding

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