



# SENIOR SCOOP

## News and Views from the Council on Aging



ROUTT COUNTY  
COUNCIL ON AGING

**Meg Tully**  
Executive Director

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hoff**

**Chris Stillwell**

I love Lee Greenwood's song  
"God Bless the USA"  
– the chorus really means a lot to me:

And I'm proud to be an American  
Where at least I know I'm free  
And I won't forget the men who died  
Who gave that right to me  
And I'd gladly stand up next to you  
And defend Her still today  
'Cause there ain't no doubt  
I love this land  
God Bless the U.S.A.

I wish everyone a FUN and SAFE 4<sup>th</sup> of  
July Holiday!

*Pegi Simmerman*

Pegi Simmerman  
RCCOA Board President



July 2019

### Staff

**April Sigman**  
Assistant Director

**Chris Becea**  
Steamboat Kitchen Asst.

**Toni Cratsley**  
Steamboat & Hayden  
Cook

**Gil Fifield**  
Steamboat Driver

**Bill Gibbs**  
South Routt Driver

**Chuck Girtton**  
Hayden Driver

**Don Livengood**  
Steamboat Kitchen Asst.

**Ellyn Myller**  
Steamboat Driver

**Cindy Porter**  
South Routt Cook

**Rebecca Wattles**  
Hayden Driver

**Cheryl Carl**  
South Routt Kitchen Asst.

**Charlotte Whaley**  
South Routt Kitchen Asst.

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

## Express Yourself...with Art

We are so excited that French artist and instructor Jacqueline Berkman is returning to Steamboat to teach for her 6th summer with us! This summer we will offer a 5-week art class with Jacqueline on Tuesdays, July 9th, 16th, 23th, 30th and August 6th from 1:30-3:30pm at the Steamboat Springs Community Center. She will be guiding this fun and expressive class teaching the foundation of design and the power of colors with mixed media. Join us to learn, explore and develop your artistic talents in a friendly and relaxed atmosphere. Space is limited, see April to register or call 879-0633 ext. 4. Register by July 6th. The cost for the 5-week class is \$10. Most art supplies will be provided, and other supplies to be discussed at the first class.



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

Serving Cheeseburgers, Baked Beans, Macaroni Salad and Rhubarb Crisp



**Thursday, July 11th @ 5:00pm** Decker Park in Oak Creek

**Wednesday, July 17th @ 5:00pm** Steamboat Springs Community Center

**Wednesday, July 24th @ 5:00pm** Hayden Town Park

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

Suggested donation for those 60+ is \$3. A \$10.00 fee for those under 60.

## Shopping and Lunch in Craig, CO

**Wed., July 10th 9:30 am - 4:30 pm**

Join us for shopping and lunch. Space is limited.  
Suggested donation of \$5 for those 60 and better.  
Lunch is not included. Weather Permitting.  
Please RSVP to April at least 48 hours in advance. 970-879-0633



## Routt County Council on Aging 3rd Annual Rummage Sale

The 2019 Rummage Sale will take place at the Steamboat Springs Community Center Friday, Saturday, and Sunday, August 9th –11th. All money raised will stay in Routt County to directly support senior nutrition, transportation and recreation programs.

You can participate in the event by donating gently used items,\* 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:

|   |                                      |
|---|--------------------------------------|
| <b>Steamboat Springs Community Center</b> | -Tues. Aug. 6th, 1:00 pm - 5:00 pm   |
|   | -Wed. Aug. 7th, 11:00 am - 6:00 pm   |
|   | -Thurs. Aug. 8th, 9:00 am - 6:00 pm  |
|   | -Fri. Aug. 9th, 8:00am - 2:00 pm     |
| <b>Hayden American Legion</b>             | -Tues. Aug. 6th, 11:30 am - 1:00 pm  |
| <b>South Routt Community Center</b>       | -Wed. August 7th, 10:00 am - 1:30 pm |

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

We **will not** accept books, mattresses or ski/snowboard equipment for donation.

All large appliances must have prior approval.

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



**RCCOA will be closed  
Thursday, July 4th  
in observance of Independence Day.**

Frozen meals are available upon request prior to the holiday.

## What's In A Name? ...

Routt County Council on Aging, RCCOA. Who are we and what do we do? Does this name describe us sufficiently? If you are reading this newsletter, you probably can best answer these questions and we want your opinion and suggestions. RCCOA is interested in changing the name of our organization to something more fitting, more catchy, more creative. Submit your re-name suggestions to April or Meg and receive a Free Lunch (one free lunch per person).



## Pontoon Boat Trip

Are you interested in going on a pontoon boat ride with a BBQ lunch? We are looking ahead at August and need at least 6 people signed up and prepaid by July 24th to plan this activity. \$25 per person includes transportation, lunch, boat time, and beach time. Call 970.879.0633 for information and a reservation.

## Your Legacy Planning Can Help RCCOA

The Routt County Council on Aging has worked with the Yampa Valley Community Foundation to form an RCCOA Endowment Fund.

The word "endowment" simply means that any legacy gifts will be managed by the Yampa Valley Community Foundation and invested for the benefit of RCCOA. The earnings from these investments will be contributed to RCCOA every year and then used by RCCOA to meet the needs of the more than 5,000 seniors in Routt County.

Legacy gifts given to the RCCOA Endowment may take many forms including:

Gifts made in your will or trust; Gifts that pay you income; Gifts of life insurance or retirement plan assets.

Have you considered including RCCOA in your long-term financial plans? In the end, we are all remembered for our acts -- for the lives we touch and by the causes we advance. Remember, you can provide for Routt County Council on Aging's future with a gift in your will by simply including, "I give and bequeath the sum of \$\_\_\_\_\_ [or state a percentage of the residual estate] to the Routt County Council on Aging endowment fund at the Yampa Valley Community Foundation, a Colorado nonprofit and section 501(c)(3) tax exempt organization."

For more information on how the Endowment Fund works and how you can participate, please contact Meg at [meg@rccoaging.org](mailto:meg@rccoaging.org) or Ph: 970-879-0633.





## Do You Need to Borrow Medical Equipment?

Have you had a recent surgery? Do you have a guest coming to visit who may need extra assistance? Do you need medical equipment -- long or short term? RCCOA has wheelchairs, walkers, canes, toilet riser seats, a shower transfer chair and a few other supplies available to borrow for FREE. Contact April for information or to pick up. 970.879.0633 xt. 4



Thank you to our 2019 Corporate Partners. These partners have donated \$500 or more for 2019 to support services of the Routt County Council on Aging and to raise awareness about fighting senior hunger and isolation in our community.

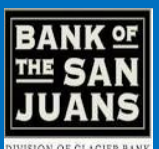
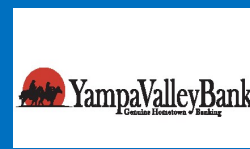
**GOLD (\$2000+):** Mountain Valley Bank and hearOclub

**SILVER (\$1000):** Alpine Bank and Yampa Valley Bank

**BRONZE (\$500):** Bank of the San Juans



# Mountain Valley Bank



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



ROUTT COUNTY  
COUNCIL ON AGING

# Thank You For Your Support!

## THANK YOU TO ALL OUR DONORS!

Donations Received May 2019

Julie Alkema  
Bridging the Gap  
City of Steamboat Springs  
City Market  
HLCC Construction Company  
Rebecca and Kris Hammond  
Mary Kay Graver

Leonarda VanDerWerf  
Routt County  
Routt County United Way

Thank you!❤

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

### Meals on Wheels Delivery Drivers

Ashley Demos  
Julie Lind  
Tosia Sauter  
Susan Scott  
Tom Swissler

### Other Volunteer Efforts

Tanna Brock  
Michelle Castleman  
Michael Kenney  
Clint Koler  
Mary Monger

Terri Reeves  
Sharon Smith  
Chris Stillwell

*Thank you to Larry Meyer with Appliance Repair and Maintenance for your knowledge, your assistance and your time in our Oak Creek kitchen and your work on our new refrigerator. Your in-kind donation of services is sincerely appreciated, and we thank you for your support of RCCOA!*



## In memory of...

Glen Francis Redding from Nadine Arroyo

### Tree of Life Remembers

An RCCOA memorial donation is the perfect way to honor a friend or family member that has passed away. Make a donation of \$100 or more and the name of your loved one will grace a leaf on our tree. Pay by cash or credit card online and note for whom the donation is remembering.

## AGING WELL

July 2019

### FITNESS CLASSES

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

**Please Note: NO CLASSES JULY 1 - 5**

#### Steamboat Springs

**Movement & Exercise**  
Mondays, 10:30 - 11:30 am  
Stmbt. Community Center

**Movement & Exercise**  
Mondays, 2:30 - 3:30 pm  
Mount View Manor Apts.  
**No class July or August**

**Movement & Exercise**  
Wed. 2:30 - 3:30 pm  
Selbe Apartments  
**No class July or August**

**Movement & Exercise**  
Thursdays, 10:30 - 11:30 am  
Stmbt. Community Center

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

**Tai Chi for Arthritis**  
Tuesdays, 10:30 - 11:30 am  
Stmbt. Community Center

#### Hayden

**Movement & Exercise**  
1st, 2nd, 4th Tuesday  
10:00 - 11:00 am  
The Haven Assisted Living

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

#### SOUTH ROUTT

**Movement and Exercise**  
Mondays, 10:45 - 11:45 am  
South Routt Community Center

### SENIOR WELLNESS CLINICS

### FOOT CARE CLINICS

**Please Note: NO SENIOR WELLNESS OR FOOT CARE JULY 1 - 5**

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

**Mt. View Manor Apartments: 1:30 - 2:30 pm**  
2nd Wed. of the month

**Stmbt. 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

**South Routt Community Center: 10:30 am - noon**  
4th Mon. of the month

**Haven Assisted Living: 9 am - Noon**  
2nd & 4th Wed. of the month

**\$20 per appt, unless otherwise noted. No one  
is turned away due to inability to pay.**

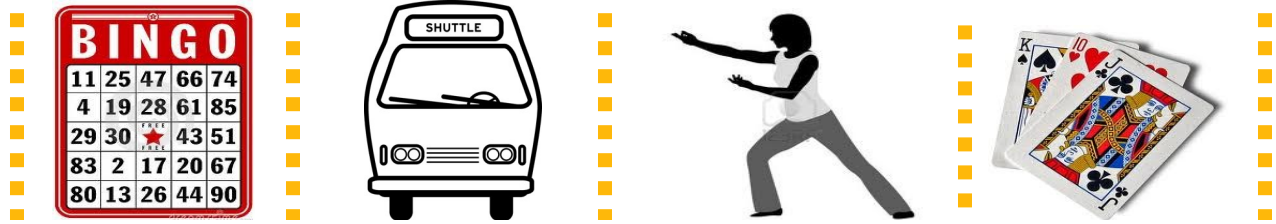
**Steamboat Community Center: Please call  
970-870-4146 for appointment. (\$20 donation)**

**Northwest Colorado Health: Please call  
970-870-4146 for appointment.**

**Haven Assisted Living: Please call 970-871-7676  
for appointment.**

**South Routt Medical Center: Please call  
970-734-7998 for appointment.**

# 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 \$10.00. 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 \$10.00. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance.

**We deliver 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 in city limits or \$3 per trip outside of city limits. Reservations are required 24 hours in advance.

## EXERCISE

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 7 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 by request. For an appointment please call 970-879-0633 xt 4.



# JULY EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| 1<br>Bridge 1:00 Stmbt<br>Wellness Clinic S.R.                                    | 2<br>Bridge 1:00 Stmbt  | 3<br>Bingo: 12:30 S.R.   | 4<br>Independence Day<br>All Sites Closed<br> | 5<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt  |
| 8<br>Bridge 1:00 Stmbt  | 9<br>Bridge 1:00 Stmbt<br>Art Class 1:30 Stmbt  | 10<br>Bingo: 12:30 S.R.<br>Shuttle to Craig                      | 11<br>BBQ 5:00 pm S.R.<br>Decker Park  | 12<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt   |
| 15<br>Penguins of South<br>Georgia Island,<br>Barbara Hughes<br>Bridge 1:00 Stmbt | 16<br>Wellness Clinic<br>11:30 Stmbt<br>Bridge 1:00 Stmbt<br>Art Class 1:30 Stmbt                                       | 17<br>Bingo: 12:30 S.R.<br>BBQ 5:00 pm Stmbt<br>Community Center | 18<br>Duplicate Bridge<br>1:00 Stmbt   | 19<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt   |
| 22<br>Bridge 1:00 Stmbt   | 23<br>Bridge 1:00 Stmbt<br>Art Class 1:30 Stmbt   | 24<br>Bingo: 12:30 S.R.<br>BBQ 5:00 pm Hayden<br>Town Park       | 25   | 26<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt<br>Strings Music<br>Festival presents<br>511 Brass Band S.R.<br>12:30 |
| 29<br>Bridge 1:00 Stmbt   | 30<br>Bridge 1:00 Stmbt<br>Art Class 1:30 Stmbt<br>Strings Music<br>Festival presents 511<br>Brass Band Hayden<br>12:30 | 31<br>Bingo: 12:30 S.R.  | 1  | 2<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt<br>Strings Music<br>Festival presents<br>511 Brass Band<br>Stmbt 12:30 |

| Steamboat<br>South Routt   | Steamboat<br>Hayden  | South Routt   | Steamboat<br>Hayden  | Steamboat<br>South Routt  |
|--|--|---|--|---|
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
| 1<br>Beef Nachos<br>Black Beans<br>Watermelon<br>Cookie  | 2<br>Monterey Chicken<br>Polenta with Cheese<br>Mixed Veggies<br>Tossed Salad<br>Wheat Roll<br>Orange        | 3<br>Monterey Chicken<br>Polenta with Cheese<br>Mixed Veggies<br>Tossed Salad<br>Wheat Roll<br>Orange                           | 4<br><br><b>Independence Day</b><br><br><b>All Sites Closed</b>  | 5<br>Catfish<br>Yams<br>Corn<br>Apple Cran Slaw<br>Hush Puppies<br>Cake   |
| 8<br>Chicken Sandwich<br>Potato Salad<br>Tossed Salad<br>Pears<br>Banana Pudding                 | 9<br>Pesto Tofu<br>Rice<br>Zucchini and<br>Mushrooms<br>Wheat Roll<br>Tossed Salad<br>Apple Pie<br>Ice Cream | 10<br>Ribs<br>Corn<br>Coleslaw<br>Tossed Salad<br>Cornbread<br>Peaches  | 11<br>Ribs<br>Corn<br>Coleslaw<br>Tossed Salad<br>Cornbread<br>Peaches   | 12<br>Pork Breakfast<br>Burrito<br>Green Chili<br>Hash Browns<br>Tossed Salad<br>Mixed Fruit                      |
| 15<br>BBQ Beef Sandwich<br>Coleslaw<br>Italian Pasta Salad<br>Fruit Salad                        | 16<br>Baked Chicken<br>Mashed Potato<br>Gravy<br>Broccoli<br>Wheat Roll<br>Tossed Salad<br>Apple<br>Cupcake  | 17<br>Pork Loin<br>Mushroom Sauce<br>Roasted Potato<br>Mixed Veggies<br>Green Salad<br>Garlic Bread<br>Chocolate Chip<br>Cookie | 18<br>Pork Loin<br>Mushroom Sauce<br>Roasted Potato<br>Mixed Veggies<br>Green Salad<br>Garlic Bread<br>Chocolate Chip Cookie | 19<br>Tuna Wrap<br>Potato Salad<br>Tossed Salad<br>Banana   |
| 22<br>Sesame Chicken<br>Fried Rice<br>Eggroll<br>Asian Broccoli Salad<br>Pears<br>Carrot Cake    | 23<br>Baked Potato Bar<br>Broccoli with Cheese<br>Wheat Roll<br>Cottage Cheese<br>Pineapple                  | 24<br>Stuffed Pork Chop<br>Mixed Veggies<br>Italian Bread<br>Tossed Salad<br>Apple Pie  | 25<br>Stuffed Pork Chop<br>Mixed Veggies<br>Italian Bread<br>Tossed Salad<br>Apple Pie                                       | 26<br>Spaghetti and<br>Meatballs<br>Green Beans<br>Garlic Bread<br>Tossed Salad<br>Banana<br>Peanut Butter Cookie |
| 29<br>Beef Tacos<br>Spanish Rice<br>Pinto Beans<br>Strawberries and<br>Bananas<br>Chocolate Cake | 30<br>Baked Cod<br>Orzo<br>Cauliflower<br>Wheat Roll<br>Tossed Salad<br>Strawberry Shortcake                 | 31<br>Baked Cod<br>Orzo<br>Cauliflower<br>Wheat Roll<br>Tossed Salad<br>Strawberry<br>Shortcake                                 | 1<br>Chili Dog<br>French Fries<br>Mixed Veggies<br>Tossed Salad<br>Mixed Fruit   | 2<br>Chicken Enchilada<br>Casserole<br>Spanish Rice<br>Green Beans<br>Cucumber Salad<br>Baked Apples              |

**Please call 970-879-0633 24 hours in advance for reservations.**