



JULY SENIOR SCOOP

News and Views from the
Routt County Council on Aging



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Donations Received May 2017

Anonymous
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Pat Froening
Kroger
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Tuesday Bridge
United Methodist Church Foundation



HAPPY 4TH OF JULY
THANK YOU TO ALL OF OUR
ACTIVE AND VETERAN
MILITARY PERSONNEL FOR
PROTECTING OUR FREEDOM!!

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July 2017

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

**We have a very busy summer lined up!!
Check out what's happening...**



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

**Tuesdays 1:30-3:30
July 11th - August 8th
Steamboat Springs
Community Center
Cost: \$15 for 5 classes**

We are so excited that French artist and instructor Jacqueline Berkman has returned to Steamboat! This summer we will offer a 5 week art class with Jacqueline on Tuesdays July 11th through August 8th from 1:30-3:30pm at the Steamboat Springs Community Center. She will be guiding this fun and expressive class where you will create collages and explore paint. 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 7th. The cost for the 5 week class is \$15, most art supplies will be provided, other supplies to be discussed at the first class.



**We are very excited about our first
Pontoon Boat Ride with a BBQ lunch**



**Wednesday, July 12
10:00am - 3:00pm**

**\$20 per person
includes transportation,
lunch, boat time,
and beach time.**

Space is limited and filling up!

**Reservation and prepayment
required by July 10th.**

Seniors out and about.

Come with us to Craig for shopping, lunch and the Wyman Museum. Please sign up at least 24 hours in advance.

Wednesday, July 26th
9:30am - 4:30pm

\$5 for transportation,
lunch not included,
museum entrance is free.



YUMMM

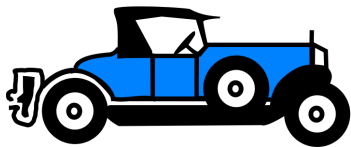


**Learn to prepare a quick
and easy meal!!**

Thursday, July 6th 12:30pm

Steamboat Community Center

Cooking Demo



AARP Driver Safety Class

Friday, July 21 1pm-5pm

Steamboat Springs Community Center



How the AARP Smart Driver Course will help you

- Update driving skills and your knowledge of the rules - and hazards - of the road.
- Learn about normal age-related physical changes and how to adjust your driving to compensate.
- Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.
- Get an insurance discount. Auto insurance companies in Colorado and many other states provide a multi-year discount to course graduates!

For information and class registration please call Linda Litteral 970-879-1941.

Save the Date: Wed., September 13th

RCCOA Rummage Sale - Stay Tuned for More Details

Donate any unwanted items, shop for great deals!!

All Proceeds from the sale will directly benefit seniors in Routt County.





Almonds - A Few of the Many Reasons You Should Be Eating Them

A high-fat food that's good for your health? That's not an oxymoron, it's almonds. Almonds are high in monounsaturated fats, the same type of health-promoting fats as are found in olive oil, which have been associated with reduced risk of heart disease. Five large human epidemiological studies, all found that nut consumption is linked to a lower risk for heart disease. Researchers who studied data from the Nurses Health Study estimated that substituting nuts for an equivalent amount of carbohydrate in an average diet resulted in a 30% reduction in heart disease risk.

In addition to their cholesterol-lowering effects, almonds' ability to reduce heart disease risk may also be partly due to the antioxidant action of the vitamin E found in the almonds, as well as to the LDL-lowering effect of almonds' monounsaturated fats. (LDL is the form of cholesterol that has been linked to atherosclerosis and heart disease). When almonds are substituted for more traditional fats, LDL cholesterol can be reduced from 8 to 12%.

In addition to healthy fats and vitamin E, a quarter cup of almonds contains 62 mg of magnesium plus 162 mg of potassium. Magnesium is Nature's own calcium channel blocker. When there is enough magnesium around, veins and arteries breathe a sigh of relief and relax, which lessens resistance and improves the flow of blood, oxygen and nutrients throughout the body. Studies show that a deficiency of magnesium is not only associated with heart attack but that immediately following a heart attack, lack of sufficient magnesium promotes free radical injury to the heart.

Potassium, an important electrolyte involved in nerve transmission and the contraction of all muscles, including the heart, is another mineral that is essential for maintaining normal blood pressure and heart function. Almonds promote your cardiovascular health by providing 162 mg of potassium and only 0.2 mg of sodium, making almonds an especially good choice in protecting against high blood pressure and atherosclerosis.

Fortunately, the delicately flavored and versatile almond is available throughout the year to make a healthy and tasty addition to both sweet and savory dishes. Although packaged almonds are available year round, they are the freshest in mid-summer, which is when they are at the height of their season.

The almond that we think of as a nut is technically the seed of the fruit of the almond tree, a medium-size tree that bears fragrant pink and white flowers. Like its cousins, the peach, cherry and apricot trees, the almond tree bears fruits with stone-like seeds (or pits) within. The seed of the almond fruit is what we refer to as the almond nut.

Reference <http://www.whfoods.com/genpage.php?name=foodspice&dbid=20> for the full article of healthy benefits.



Sun Safety

There are many ways to be physically active outdoors, including swimming, gardening, walking, biking or playing tennis. No matter which activity you choose, be sure to play it safe in the sun with these tips!

- * Limit your time in the sun. Try to stay out of the sun between 11 a.m. and 2 p.m. when the sun's rays are the strongest. Don't be fooled by cloudy skies. The sun's rays pass through clouds.
- * Use sunscreen. Put sunscreen on 15-30 minutes before you go outside. Use a sunscreen with an SPF (sun protection factor) number of 15 or higher.
- * Reapply sunscreen. You'll need to reapply your sunscreen about every 2 hours, and you'll need to put it on more often if you're swimming, sweating, or rubbing your skin with a towel. Pay special attention to your face, nose, ears, and shoulders.
- * Wear protective clothing. A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear a light-weight, long-sleeved shirt and long pants.

Door-to-Door Scams

Warm summer months often lead to more door-to-door solicitations. Regardless of if you believe the person at your door is a legitimate solicitor or not, it is important to remain skeptical and cautious about the stranger, especially if they are trying to sell you something. Scammers often try and solicit donations for charity, offer a home repair service or pose as a utility worker.

NEVER: Give out sensitive personal or financial information to someone who shows up at your door unannounced.

Pay for services in cash. Be wary of paying up-front for a product or service that will be delivered at a later date.

Let someone in that you did not invite.

BE AWARE OF: Scare tactics, like the solicitor telling you he smells a gas leak coming from your home.

Deals that offer steeply discounted prices that seem too good to be true.

Before signing anything, be sure you read and understand exactly what you are signing.

Don't be afraid to offend someone by not doing business.

AARP Foundation Elder Watch™
In Partnership with the Colorado Attorney General

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



Meals on Wheels Delivery Drivers

Tanna Brock
Julie Lind
Susan Scott
Diane Kane
Tom Swisler
Tosia Sauter

Other Volunteer Efforts

Tanna Brock
Mary Monger
Jim O'Connor
Terri Reeves
Chris Stillwell

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 \$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



**We will be closed Tuesday,
July 4th in observance
of Independence Day.**

**Frozen meals will be
available upon request
to take home on
Monday, July 3rd.**



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

www.rccoaging.org

Guest Meals Price Increase

The lunch fee for guests under the age of 60 has been increased to \$12.60. This increase is required by the federal and state government, who generously provide a significant amount of funding towards RCCOA's lunch program. Since this funding is meant to support those ages 60 and better, RCCOA must charge those under the age of 60 what it costs to produce a meal, which is \$12.60. If this increase poses a major inconvenience for you, please let us know. We love our guests and are willing to coordinate a volunteer opportunity for you to offset the cost of your meal. The cost for seniors 60 years or better will remain at a \$3.00 suggested donation.

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 2017

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

**CANCELLED UNTIL
FURTHER NOTICE**

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

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

SENIOR WELLNESS

Drop ins welcome!
Donations appreciated!

STEAMBOAT SPRINGS

Mount 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 Senior Apartments: 2:30 - 4 pm
4th Wednesday of month

OAK CREEK

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

HAYDEN

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

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

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

Advanced Tai Chi for Health
Tues, 10:30 - 11:30 am
Stmbt. Community Center

Tai Chi for Arthritis
Mondays, 10:30 - 11:30 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

FOOT CARE

Appointment required: 970-871-7676.
\$20 per apt. No one is turned away due to inability to pay.

STEAMBOAT SPRINGS

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

Northwest Colorado Health: 1 - 4 pm
2nd Thurs. of the month

Northwest Colorado Health: 8:30 am - 4 pm
4th Thurs. of the month

OAK CREEK

South Routt Medical Center: 9 am - 4 pm
1st Thurs. of the month

Oak Creek Senior Apartments: 1 - 4 pm
3rd Thurs. of the month

HAYDEN

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

EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 RCCOA Input Forum -What is great, good or could be better?	4 Independence Day All Sites Closed	5	6 Cooking Demo: 12:30 Stmbt	7 Bingo: 1:00 Stmbt 
10 Susan Shoemaker - Movement and Aging Well	11 Art Class: 1:30 Stmbt	12 Bingo:12:30 S.R. Steamboat Lake 10:00 - 4:00	13 Foot care: Stmbt	14 Bingo: 1:00 Stmbt
17 Arianthe Stetter - Arnold Barn Preservation	18 Bridge: 12:30 S.R. Art Class: 1:30 Stmbt	19 Bingo: 12:30 S.R.	20 Duplicate Bridge: Stmbt 9:00-4:00	21 Bingo: 12:30 Stmbt
24 Strings Music Festival - Brass Quintet Wellness Clinic: 10:30 S.R.	25 Wellness Clinic: 11:30 Stmbt Art Class: 1:30 Stmbt	26 Bingo: 12:30 S.R. Shuttle to Craig	27	28 Bingo: 12:30 Stmbt
31 Emerald City Opera	1 Art Class: 1:30 Stmbt	2	3	4

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.

South Routt Steamboat	Hayden Steamboat	South Routt	Hayden Steamboat	South Routt Steamboat
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mongolian Beef Brown Rice Sesame Broccoli Tossed Salad Wheat Roll Pears	4 Closed for Independence Day	5 Summer Vegetable Soup Chicken Salad Wheat Roll Cantaloupe Apple Pie	6 Summer Vegetable Soup Chicken Salad Wheat Roll Cantaloupe Apple Pie	7 Biscuit and Sausage Gravy Eggs Hash Brown Fruit Cup
10 Baked Chicken Mashed Potato with Gravy Broccoli Wheat Roll Apple Tossed Salad Cupcake	11 Pizza Bean Salad Tossed Salad Fruit Cup	12 Pizza Bean Salad Tossed Salad Fruit Cup	13 Teriyaki Shrimp Brown Rice Mixed Veggie Tossed Salad Wheat Roll Honey Dew Melon	14 Beef Goulash Peas Roll Tossed Salad Orange Oatmeal Cookie
17 BBQ Beef Sandwich Coleslaw Italian Pasta Salad Fruit Salad	18 Szechuan Chicken Lo Mein Noodles Asian Veggies Wheat Roll Pears	19 Pork Loin Sweet Potato Beets Rye Bread Tossed Salad Apple Sauce	20 Pork Loin Sweet Potato Beets Rye Bread Tossed Salad Apple Sauce	21 Cheese Ravioli Corn Tossed Salad Italian Bread Strawberries and Banana
24 Chicken Sandwich Potato Salad Tossed Salad Pears Banana Pudding	25 Sweet and Sour Pork Rice Broccoli Wheat Roll Pineapple Choc. Chip Cookie	26 Sweet and Sour Pork Rice Broccoli Wheat Roll Pineapple Choc. Chip Cookie	27 Tuna Melt Fries Peas Tossed Salad Grapes Peanut Butter Cookie	28 Beef Tacos Spanish Rice Pinto Beans Banana Chocolate Cake
31 Spaghetti and Meatballs Green Beans Tossed Salad Garlic Bread Banana Cookie	1 Sub Sandwich Kidney Beans Italian Pasta Salad Peaches Watermelon	2 Catfish Beets Peas Tossed Salad Lemon Bar	3 Catfish Beets Peas Tossed Salad Lemon Bar	4 Chicken and Wild Rice Cauliflower, Broccoli and Carrot Mix

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