



# SENIOR SCOOP

## News and Views from the Council on Aging



**THANK YOU  
TO ALL OUR DONORS!**  
Donations Received April 2018:

**June 2018**

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**Memorial Donations are a lasting  
way to remember loved ones.**

**Thank you Gary Anderson for  
your donation in memory of  
Janice Anderson and  
Carol Anderson.**



### Staff

**April Sigman**  
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South Routt Cook  
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South Routt Driver  
**Rebecca Wattles**  
Hayden Driver  
**Charlotte Whaley**  
South Routt Kitchen Asst.

## Coming Events...

### A Day Out in Craig, CO

Wed., June 20th

9:30 am - 4:00 pm

Join us for shopping,  
lunch and errands. Space  
is limited. Please RSVP  
to April at least 48 hours  
in advance. 970-879-0633



## Save the Dates...

Wednesday, July 18th Pontoon Boat  
Ride, BBQ Lunch, Steamboat Lake  
Swim Beach

Friday, August 3rd and Saturday,  
August 4th 2nd Annual Rummage Sale

alzheimer's association®

helpline 800.272.3900

## Healthy Living for Your Brain & Body

tips from the latest research



an education program by the alzheimer's association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into ways to optimize our physical and cognitive health as we age. Join us to learn more about ways to love your brain and about general updates in the field of Alzheimer's research. Presented by Katie Fahrenbruch, M.Ed.—Regional Director, Alzheimer's Association

**Where:** Steamboat Springs Community Center  
1605 Lincoln Ave  
Steamboat Springs, CO 80487

**When:** Monday, June 11th  
5:00pm—6:30pm

**Cost:** FREE

[alz.org/co](http://alz.org/co)

800.272.3900



ROUTT COUNTY  
COUNCIL ON AGING

## Take a Day Trip to Encampment, WY Wednesday, June 27th

Leaving from Steamboat Community Center at  
9:00am and returning by 5:00pm. Picnic lunch  
included. Please RSVP, 970.879.0633, space is  
limited. \$8.00 suggested donation for those  
60 and better.



The Steamboat Springs Parks and Recreation Department offers a wide variety of exciting activities for anyone 55 or older. Participation is limited, and on a first-come, first-served basis, so register early! Please note that some of these trips involve a lot of walking. Be sure you are in

good health and let us know of any special health conditions.

\*\*The transportation for city-sponsored trips is a van and can not accommodate a wheel chair.

Register at the Parks & Recreation Building at 245 Howelsen Parkway.

Office hours are Monday—Thursday, 7:30am–5:30pm and Friday 8:00am—noon.

For questions, please call our main office at (970) 879-4300.

### **Celestial Seasonings Tea Tour & Butterfly Pavilion**

**Wednesday, June 6**

A behind the scenes tour of a fragrant tea factory. You will have time to visit their one of a kind gift shop and then have lunch in their cafeteria. We will then drive to Westminster to marvel at the colorful butterflies.

**Cost: \$30.00 (Includes transportation and guided tour)**

Time: 7:00am–7:00pm



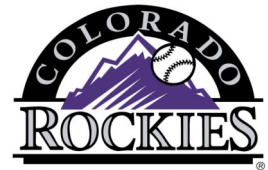
### **Colorado Rockies Baseball Game**

**Sunday, June 24**

We will enjoy a day at the ballpark. The CO Rockies will face the Miami Marlins. Game time is 1:10 p.m. We will arrive at the park early enough to see the teams warm up and have some lunch.

**Cost: \$30.00 (Includes admission and transportation).**

Time: 7:30 am—8:30 pm



## **ADULT PROTECTIVE SERVICES: AN OVERVIEW**

Abuse, neglect, and exploitation involving at-risk adults is a growing problem in the United States, and Colorado is no exception. To help deal with this problem, each county department of human services in the state provides Adult Protective Services (APS) to their community. The main responsibility of APS is to provide protective services to stop or prevent the mistreatment or self-neglect of at-risk adults. APS works with a variety of agencies in the community to arrange services necessary for the health, safety, and welfare of at-risk adults.

When APS responds to a report of mistreatment or self-neglect, the first step is to interview the at-risk adult and investigate the allegations. If the allegations are criminal in nature, APS works with local law enforcement and the District Attorney as part of their investigation. If the allegations are valid, and the at-risk adult accepts help, APS will set up protective services and find resources to help keep the at-risk adult safe. These services may include homemaker services, food delivery, medical services, home health care, and other support services. Family members will also be utilized, as appropriate. The goal of any APS service is to keep the at-risk adult safe while helping him or her remain as independent as possible.

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.



## The Autodidactic Polymath Way of Life... Ted Crook

Engineer, mathematician, musician, philosopher, volunteer, philanthropist, author. These are the words that come to mind after talking with Ted Crook about his life. But when I asked him how he would describe himself, he quickly replied “autodidactic polymath.” Well, after looking that up on trusty Google, not even sure how to spell it, I learned that this phrase is a complex way to describe a self taught person with many talents. I had learned a little bit about Ted over my last four years at RCCOA. He is often waiting for his other half, Susannah, while she helps me with office stuff, and his wry intermittent interjections made me very curious to learn more about him.



The short biography on the back cover of his book, How-I, Parsifal's Lament, or How I Found God Pike Fishing in America, describes Ted as “a grad school dropout and private musician who always felt school interfered with his education, the author has pursued a large range of often arcane interests. He has often enjoyed getting his hands dirty, spending many years in construction and mining. He is a fair welder, an indifferent electrician, and an often distracted mechanic.” Ted has written and published seven books that are available on lulu.com and has his eighth book available on his website.

Ted was born at the Glenwood Hot Springs Hospital in 1948 to Joseph and Charlotte Crook. He is the eldest of two siblings and grew up in Rifle, CO. Ted graduated from St. John's College in Santa Fe, NM. He returned to Craig, CO and followed his father's footsteps in construction. After some time in construction, he thought he would go to grad school and become a teacher, but after “a belly full of academia” that “did not gel,” he was recruited to the Craig, CO power plant and Trapper Mine. He spent 36 years there as the “electrical genius.”

His first marriage to Marilyn resulted in two sons, and a later love to Susannah eventually brought him to Steamboat Springs. Susannah's involvement with the Routt County Council on Aging as a board member led Ted indirectly to RCCOA. He used to type RCCOA Board meeting minutes in the 1990's. He recently has “aged” into a RCCOA client and comes to lunch regularly. Ted also serves as a representative on the Regional Area council on Aging and regularly helps with computer and IT mishaps here at the community center. He says that RCCOA programming is “more solid now than in the past. There was a long fight for space at the new Steamboat Community Center. There is a lot more community recognition of the program now.” Thank you Ted (and Susannah) for being involved with RCCOA for decades and for helping us achieve more community recognition!

## The Top 8 Foods to Eat in the Summer

Avoid dehydration and other deficiencies with these nutrient-packed picks.



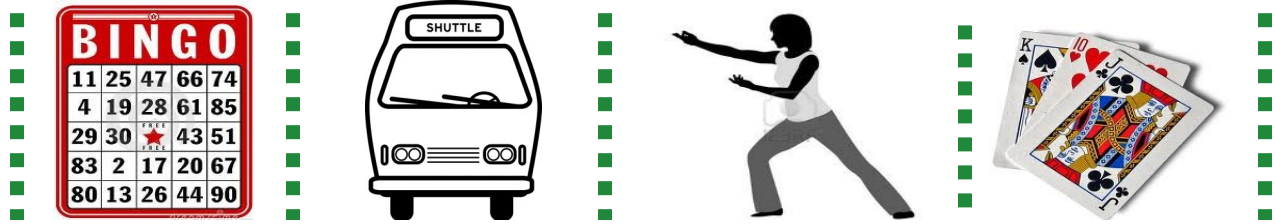
You know summer's the perfect time to switch to flip-flops, but did you know it's also the right time to change your diet? Being outdoors more often—and sweating—ups your risk for health problems such as dehydration, skin sensitivities, and vitamin and mineral deficiencies. The simple (and delicious) solution? "Eat local, in-season fruits. Their nutrients are at their peak in the summer," says Julie Kaye, MPH, RD, CDN, a registered dietitian in New York City. "But they're not the only foods that will help your body look and feel its best during the hottest time of year."

1. **Tomatoes** - While tomatoes are filled with antioxidants and Vitamin C, they also contain beneficial phytochemicals such as lycopene, which contribute to chronic diseases—especially cancer.
2. **Zucchini** - Part of the summer squash family, zucchini contains a fiber called pectin, which is linked to increasing heart health and lowering cholesterol.
3. **Watermelon** - As its name implies, this fruit is a hydration hero, and fluids are exactly what you need when the heat is on. "Watermelon's high water content keeps you cool and hydrated," says Boston-based registered dietitian Janel Funk, MS, RD, LDN. That same high water content will also keep you feeling full, which could curb cravings. As an added summer bonus, "Watermelon also contains lycopene, which protects skin cells from sun damage," says Funk.
4. **Oranges** - The sweet citrus fruit is rich in potassium, a nutrient that's crucial in the summer. "You lose potassium through sweat, which puts you at risk for muscle cramps," says Erin Palinski, RD, CDE, LDN, CPT, author of the forthcoming *Belly Fat Diet for Dummies*. "Eating oranges replenishes your supply and keeps muscle cramps away," she explains. Oranges are also about 80% water, so popping a few juicy slices will keep you hydrated during your sweatiest summer days.
5. **Yogurt** - Protein-packed, portion-controlled and easy to tote in your beach bag (just freeze a cup before you go, so it stays cool until you're ready to snack), yogurt is made for summer eating, says Keri Glassman, MS, RD, CDN, president of Nutritious Life. "The protein satisfies your growling tummy, which will keep you from overloading on salty, high-calorie snacks at your barbeque," explains Glassman. Her recommendation: brands that are low in fat and high in protein, like Dannon Oikos Non-Fat Greek yogurt. It has twice the protein of regular low-fat yogurt. Yogurt also adds a dose of probiotics, beneficial bacteria that keeps your digestive system running smoothly.
6. **Celery and Fennel** - "Nothing is worse than feeling 'puffy' when you're heading to the beach," says Glassman. "Celery and fennel act as diuretics, helping you lose excess water weight without causing dehydration." How? The ingredients in these two veggies stimulate your kidneys, causing them to flush waste and extra fluid from your body, which beats bloat in your tummy.
7. **Cantaloupe and Honeydew** - Cantaloupe, honeydew, and watermelon are also diuretics, which are especially important for women "because we're so affected by hormonal changes," says Sherry Ross, M.D., women's health expert at Providence Saint John's Health Center in Santa Monica, CA.
8. **Blackberries and Raspberries** - These berries are great sources of fiber. "Raspberries are a food that goes unnoticed a lot—they can be very expensive off-season—but there are a lot of awesome qualities in the powerful little raspberry," says Ross. "They're very high in vitamin C and have 8 grams of fiber per cup."



<https://www.womansday.com/health-fitness/nutrition/advice/g866/top-summer-foods/>

# 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.

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



### Meals on Wheels Delivery Drivers

Tanna Brock

Julie Lind

Tosia Sauter

Susan Scott

Tom Swissler

### Other Volunteer Efforts

Tanna Brock

Michelle Castleman

Amy Coleman

Michael Kenney

Clint Koler

Mary Monger

Terri Reeves

Sharon Smith

Chris Stillwell

**Thank you to our 2018 Corporate Partners. These partners have donated \$500 or more for 2018 to support services of the Routt County Council on Aging and raise awareness about fighting senior hunger and isolation in our community. Thank you again!**



**To find out more about becoming a corporate sponsor contact Meg or April at 970.879.0633.**

## I just discovered my age group - I am a Seenager (Senior teenager)!

I have everything that I wanted as a teenager, only 55-60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.



**Life is Good!**

Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much.

People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

**It is NOT a memory problem; it is nature's way of making older people do more exercise.**

**Submitted by Louise Iacovetto**

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



## AGING WELL

June 2018

### FITNESS CLASSES

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

#### Steamboat Springs

**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 Arthritis

Tuesdays, 9:15 - 10:15 am  
Stmbt. Community Center

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

#### South Routt

**Movement & Exercise**  
Mondays, 9:30 - 10:30 am  
Yampa Town Hall

**Tai Chi for Arthritis**  
Mondays, 10:45 - 11:45 am  
SR Community Center

#### Movement & Exercise

Mondays & Wednesdays,  
10:45 - 11:45 am  
SR 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

### SENIOR WELLNESS CLINICS

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

### FOOT CARE CLINICS

Appointment required. Call 970-734-7998.  
\$20 per appt. No one is turned away due to inability to pay.

**Steamboat Community Center: 8:30 - Noon**  
6/21, 7/19 (\$20 donation)

**Northwest Colorado Health: 1:00 - 4:00 pm**  
6/21, 7/19

**Northwest Colorado Health: 8:30 am - 4:00 pm**  
6/28, 7/26

**Haven Assisted Living: 1:15 - 2:45 pm**  
Wednesdays

**South Routt Medial Center: 9 am - 4 pm**  
6/1, 6/29

**Oak Creek Senior Apartments: By appointment**

**Yampa Town Hall: By appointment**



# JUNE EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28  All Sites Closed  Memorial Day	29  Beginning Bridge 1:00 Stmbt	30  Shuttle to Craig  Bingo: 12:30 S.R. Foot care: Haven	31	1  Bingo 1:00 Stmbt Bridge 1:00 Stmbt
4  Learn about Lift Up Services Bridge 1:00 Stmbt	5  Beginning Bridge 1:00 Stmbt  Bridge: S.R	6  Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	7  Foot care: Stmbt “Exploring New Heights” Meg Tully	8  Bingo 1:00 Stmbt Bridge 1:00 Stmbt
11 “Settling Routt County” Nadine Arroyo  Bridge 1:00 Stmbt  “Healthy Living” Alzheimer's Presentation 5:00pm	12  Wellness Clinic: Stmbt  Beginning Bridge 1:00 Stmbt	13  Bingo 12:30 S.R.  Foot care: Haven	14	15  Bingo 1:00 Stmbt Bridge 1:00 Stmbt  
18  “Taking Better Pictures” Ted Crook  Bridge 1:00 Stmbt  Wellness Clinic: S.R.	19  Beginning Bridge 1:00 Stmbt  Bridge: S.R.	20  “Exploring New Heights” Meg Tully Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven Shuttle to Craig	21  Duplicate Bridge 1:00 Stmbt	22  Bingo 1:00 Stmbt Bridge 1:00 Stmbt
25  Strings Quartet Bridge 1:00 Stmbt	26  Beginning Bridge 1:00 Stmbt	27  Bingo: 12:30 S.R.  Foot care: Haven  Day Trip to Encampment	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 6 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



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 All Sites Closed Memorial Day	29 Pot Roast Red Potatoes Carrots Tossed Salad Fruit Salad	30 Pork Ribs Mixed Veggies Baked Beans Potato Salad Wheat Roll Watermelon Ice Cream	31 Pork Ribs Mixed Veggies Baked Beans Potato Salad Wheat Roll Watermelon Ice Cream	1 Chicken Teriyaki Lo Mein Noodles Stir Fry Veggies Egg Roll Fruit Cocktail
4 Salisbury Steak Rice Pilaf Oriental Veggies Tossed Salad Cheesy Biscuit Orange Sherbet	5 Chicken Wings Roast Potatoes Kidney Beans Tossed Salad Roll Watermelon	6 Chicken Wings Roast Potatoes Kidney Beans Tossed Salad Roll Watermelon	7 Cabbage and Pork Casserole Mixed Veggies Tossed Salad Roll Fruit Cup	8 Turkey Noodle Soup Crackers Squash Spinach Salad Orange
11 Lasagna Italian Veggies Tossed Salad Garlic Bread Banana Brownie	12 Jambalaya Corn and Lima Beans Tossed Salad Corn Bread Peaches Banana Cake Cranberry Juice	13 Chicken Pot Pie Broccoli Tossed Salad Biscuit Strawberries and Cream	14 Chicken Pot Pie Broccoli Tossed Salad Biscuit Strawberries and Cream	15 Meatloaf Mashed Potatoes Gravy Green Beans Tossed Salad Carrots Roll Apple Pie
18 Pizza Salad Garbanzo Beans Raisins Peanut Butter Bars	19 Mac n Cheese Mixed Veggies Tossed Salad Bran Muffin Banana Mandarin Oranges	20 Red Beans and Sausage Rice Spinach Salad Corn Bread Apricots	21 Red Beans and Sausage Rice Spinach Salad Corn Bread Apricots	22 Pot Roast Sweet Potato Brussels Sprouts Tossed Salad Roll Fruit Cup
25 Stuffed Peppers Spinach Salad Wheat Roll Strawberry Shortcake	26 Flank Steak Roast Potatoes Green Beans Tossed Salad Wheat Roll Pear Key Lime Pie	27 Chicken Caesar Salad Brussels Sprouts Bread Apple Pie	28 Chicken Caesar Salad Brussels Sprouts Bread Apple Pie	29 Sub Sandwich Pasta Salad Peaches Watermelon

**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