



June SENIOR SCOOP

News and Views from the Council on Aging



ROUTT COUNTY
COUNCIL ON AGING

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"Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity."

I'm so excited about our garden that we will be putting in at the Steamboat Springs Community Center! I'd like to send a HUGE thank you to Ellyn Myller, Jeff Nelson, Holly Rogers, April Sigman and the City of Steamboat Springs for making this project a reality. See you at the garden!

Pegi Simmerman,

RCCOA Board President

June 2019

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April Sigman
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Chris Becea
Steamboat Kitchen Asst.

Toni Cratsley
Steamboat & Hayden
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Bill Gibbs
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Don Livengood
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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.

Returning Class— Register TODAY

June 6th - July 26th
Fridays, 9:30am - 11:30am

Classes held at the Steamboat
Springs Community Center.
Space is limited.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Thanks to a generous grant from the Rocky Mountain Health Foundation, RCCOA is excited to offer this class again. Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-14 participants led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

Who should attend? The program is designed to benefit older adults who:

- Are concerned about falls
- Restrict activities due to concerns about falling
- Are age 60 or older, community-dwelling and able to problem solve
- Have sustained falls in the past
- Desire to improve flexibility, balance and strength

What do participants learn? The program enables participants to achieve significant goals.

- Gain confidence
- Set goals for increasing activity
- Exercise to increase strength and balance
- View falls as controllable
- Make changes to reduce fall risk at home

Thank you to our sponsors who make this FREE class possible!

MaineHealth



Mary, Mary, quite contrary, How does your garden grow? With silver bells, and cockle shells, and pretty maids all in a row.

The raised bed gardens we are about to grow have none of Mary's flowers, but instead will contain yellow zucchini, bunching onions, potatoes, chives, chocolate mint, peppermint, three kinds of carrots, Mustard & Mesclun greens, bush beans, spinach, Chinese cabbage, green & red cabbage, and thyme.

We look forward to your help planting and caring for the raised beds that are under construction. The Colorado State University Master Gardeners will be facilitating and discussing Mountain Gardening, companion planting tips, interesting things that seed packets tell us, and ways to ward off deer and pests.

Our planting day is scheduled for Monday, June 10th, 12:30 till we're done.
Gardening is good for the soul – see you by the gardens at the Community Center.



Did you miss the United Way Day Of Caring? Do you need help around your house? We have volunteers who want to help you! Sign up to have light house projects or help around the yard, and we will match volunteers with you at a time that is convenient for you and them.



**Enjoy a Picnic Lunch and
Spend an afternoon at Fish
Creek Falls** (Rescheduled from May)
Wednesday, June 19th

Leaving from Steamboat Community Center at 11:00am and returning by 3:00pm. Picnic lunch included. Please RSVP, 970.879.0633, space is limited. \$5.00 suggested donation.

Shopping and Lunch in Craig, CO

Wed., June 12th 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



Sunday, June 16th

Save the Date...

**3rd Annual RCCOA
Rummage Sale**

August 9 - 11, 2019

Can you name that wildflower?

1. Brilliant orange cup-shaped flowers _ _ _ _ _
2. Returns each year from the same root _ _ _ _ _
3. Grows a plant when put in the ground _ _ _ _ _
4. Has blossoms arranged on spikes _ _ _ _ _
5. Has pure white flowers with mustard-yellow centers _ _ _ _ _
6. Has a two year life cycle _ _ _ _ _
7. Lives only one growing season _ _ _ _ _
8. Stem that bears pollen _ _ _ _ _
9. Usually flat and green _ _ _ _ _
10. Has feathery foliage _ _ _ _ _



Five Principles of Health

Being ill is no fun. Being healthy is much better, of course. The main principles to staying healthy are a nutritious diet, alcohol in moderation, no smoking, no drugs, not eating too much, regular exercise, adequate rest and positive thinking. We can easily integrate these habits into our everyday lives when we make the choice to do so. These five principles of health can give us a long, healthy and happy life. If we live by these principles, we can avoid most diseases. If we are sick, we can become healthier more quickly.

1. **Eat healthy.** A healthy diet consists of fruits, vegetables, cereals, milk, potatoes, etc. Eat meat in moderation, and consume plenty of raw foods, such as fruits and vegetables. Raw foods give the body lots of vitamins and minerals that protect from disease.

2. **Avoid drugs, smoking and alcohol.** These habits can cause many diseases and can usually shorten your life significantly. Too many sweets (sugar, fat), lots of salt and too much meat is not advised. Don't eat too many calories. Most people can live longer if they eat prudently and make a point not to overeat. Listen to your body. It knows what is good for you. Live wisely and stay healthy.

3. **Be Active.** Go walking, jogging, cycling, swimming, etc. once or twice a day for a half hour to an hour to keep the body strong and healthy. It is also good to train on an exercise bike or treadmill or to do dynamic yoga for half an hour a day. Or to go for a walk on the weekend for an hour. It is important that the body is active until you reach a slight sweat. This process can kill disease and germs.

4. **Relax sufficiently.** Stress should always be countered with adequate recovery periods, yoga or meditation. For inner happiness, it is important to live in the right balance of personal activity (work) and rest (relaxation).

5. **Think positively.** Avoid negative thoughts. Keep your mind predominantly positive. Positive thoughts lead to positive feelings, and positive emotions have a positive effect on your body. Motivate yourself with positive phrases and ideas. Read positive books and have a positive hobby.



Submitted by Terri Reeves: https://en.wikiversity.org/wiki/Happiness/The_Five_Principles_of_Health (Edited from original)



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

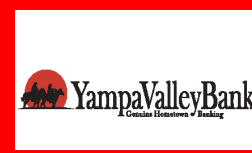
SILVER (\$1000): Alpine Bank and Yampa Valley Bank

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



A Place Valley Company

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



ROUTT COUNTY
COUNCIL ON AGING

Thank You For Your Support!

THANK YOU TO ALL OUR DONORS! Donations Received April 2019

Julie Alkema
Bridging the Gap
HLCC Construction Company
Kroger
Vi Look
John Moore
Mountain Tap Brewery

Passport Club
Holly Rogers
Leonarda VanDerWerf
Catherine Voorhees
Yampa Valley Community Foundation
WZ Giving Circle

Thank you! ♥



In memory of

Glen Cary from Betty Kemry
Henry Dorr from Betty Kemry
The Foreman Family from Ethelyn Foreman
Pam Parker from the Seagulls

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.

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

AGING WELL

June 2019

FITNESS CLASSES

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

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

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

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

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

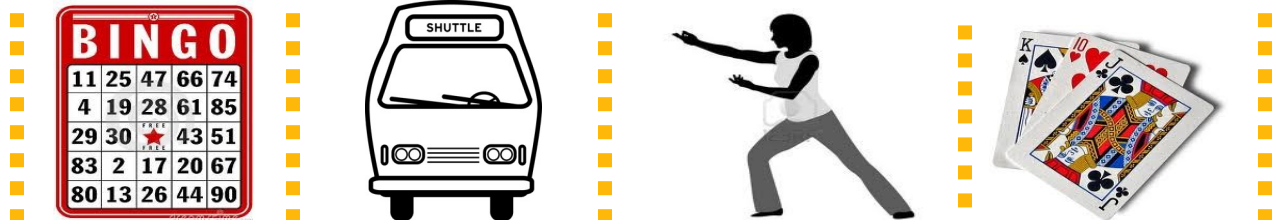
**Steamboat Community Center: Please call
970-870-4146 for appointment. (\$20 donation)**

**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.

JUNE EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>3</p> <p>Are You Prepared for an Emergency? By Mo DeMorat</p> <p>Bridge 1:00 Stmbt</p> <p>Wellness Clinic S.R.</p> | <p>4</p> <p>Bridge 1:00 Stmbt</p> | <p>5</p> <p>Bingo: 12:30 S.R.</p> | <p>6</p> | <p>7</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> |
| <p>10</p> <p>Help Plant the Senior Gardens</p> <p>Bridge 1:00 Stmbt</p> | <p>11</p> <p>Bridge 1:00 Stmbt</p> | <p>12</p> <p>Bingo: 12:30 S.R.</p> <p>Shuttle to Craig</p> | <p>13</p> <p>RCCOA Board Meeting</p> | <p>14</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> |
| <p>17</p> <p>Bridge 1:00 Stmbt</p> | <p>18</p> <p>Wellness Clinic 11:30 Stmbt</p> <p>Bridge 1:00 Stmbt</p> | <p>19</p> <p>Bingo: 12:30 S.R.</p> | <p>20</p> <p>Duplicate Bridge 1:00 Stmbt</p> | <p>21</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> |
| <p>24</p> <p>See Friday for this week's speaker series.</p> <p>Bridge 1:00 Stmbt</p> | <p>25</p> <p>Bridge 1:00 Stmbt</p> | <p>26</p> <p>Bingo: 12:30 S.R.</p> | <p>27</p> | <p>28</p> <p>Strings Music Festival presents Maroon Belles String Quartet</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> |

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 7 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 |
| 3 Chicken Caesar Salad Brussels Sprouts Bread Cottage Cheese Apple Pie | 4 Swedish Meatballs Egg Noodles Kidney Beans Mixed Veggies Fruit Salad Chocolate Cake | 5 Pulled Pork Sandwich Sweet Potato Green Beans Tossed Salad Orange Coconut Crème Pie | 6 Pulled Pork Sandwich Sweet Potato Green Beans Tossed Salad Orange Coconut Crème Pie | 7 Coconut Shrimp Rice Green Beans Green Salad Lemon Crème Pie |
| 10 Chicken Parmesan Spaghetti Noodles Italian Veggies Garlic Bread Caprese Salad Banana Split | 11 Spinach Quiche Tossed Salad Blueberry Muffin Chocolate Pudding | 12 Ribs Corn Potato Salad Coleslaw Roll Peach Cobbler | 13 Ribs Corn Potato Salad Coleslaw Roll Peach Cobbler | 14 Beef Taco Salad Black Beans Fruit Salad Coconut Crème Pie |
| 17 Beef Stroganoff Noodles Asparagus Caesar Salad Chocolate Mousse | 18 Fish Creole Rice Pilaf Corn Roll Coleslaw Blonde Brownie | 19 Baked Chicken Mac N Cheese Stewed Tomato Wheat Roll Tossed Salad Orange | 20 Baked Chicken Mac N Cheese Stewed Tomato Wheat Roll Tossed Salad Orange | 21 Hoagie Sandwich Kidney Beans Italian Pasta Salad Watermelon |
| 24 Chicken Tostada Spanish Rice Mexi Salad Pineapple | 25 Summer Veggie Soup Almond Chicken Salad Wheat Roll Cantaloupe Apple Turnover | 26 Beef Fajita Rice Corn Tossed Salad Banana | 27 Beef Fajita Rice Corn Tossed Salad Banana | 29 Italian Sausage with Marinara Pasta Brussels Sprouts Italian Salad Bread Stick Baked Apples |

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

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis provided by Melanie Hendershott, R.D.

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

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