

# **SENIOR SCOOP**

## News and Views from the Council on Aging



**Meg Tully**  
Executive Director

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### THANK YOU DONORS

Donations Received January 2018:

**Julie Alkema**  
**American Furniture Warehouse**  
**City Of Steamboat Springs**  
**Routt County**  
**Janet and Carl Vail**



"More than ever, we must join forces to meet the needs of the fastest growing population in America who want to be able to live at home for as long as they can. It not only makes economic sense to enable seniors to stay healthy and safe at home, but it improves the health and vibrancy of our communities and our nation at large," said Meals on Wheels America President and CEO Ellie Hollander.

### March 2018

#### Staff

**April Sigman**  
Assistant Director  
**Stan Bragg**  
Steamboat Kitchen Asst.  
**Toni Cratsley**  
Steamboat & Hayden  
Cook  
**Gil Fifield**  
Steamboat Driver  
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**Don Livengood**  
Steamboat Kitchen Asst.  
**Ellyn Myller**  
Steamboat Driver  
**Cindy Porter**  
South Routt Cook  
**Dave Reid**  
South Routt Driver  
**Rebecca Wattles**  
Hayden Driver  
**Charlotte Whaley**  
South Routt Kitchen Asst.

# March For Meals Showcases Senior Resources



## About March for Meals

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America, to raise awareness of senior hunger and to encourage action on the part of local communities. Hundreds of Senior Nutrition Programs across the United States, like Routt County Council on Aging, promote March for Meals through partnerships with local businesses, volunteer recruitment, newspaper and social media promotion, and fundraising initiatives.

## Join Us in Our First “Senior March” at the Steamboat Springs Historic Courthouse!

**522 Lincoln Ave., Steamboat Springs, CO**

**Thursday, March 8th from 10:00 - 11:00 am**

*Steamboat Today* published an article on February 15th, 2018 about the rapidly increasing senior population in Routt County. RCCOA strives to ensure our seniors have the resources they need and the funding to sustain programming. Join us to raise awareness about the senior population and needs in our community at our first ever “Senior March.” Coffee, cocoa and treats will be offered.



## More Activities

### Buy a Wheel, Sponsor A Meal



Buy a wheel for \$3 in honor of someone special and have it posted at the Steamboat Community Center, South Routt Community Center or the Hayden American Legion. Wheels will be available for the month of March, and all donations will support RCCOA nutrition and transportation programs. To buy wheels, please see April or Meg.

### Routt County Council on Aging Open House Monday, March 26th 11:30-1:30

Join us at the Steamboat Community Center for an open house that will include spaghetti lunch, great door prizes, and a special presentation!! All donations received at this free event will help support the Routt County Council on Aging nutrition and transportation programs. The entire community is invited.

*“Having meals delivered is wonderful. I don’t have to worry about cooking. I depend on these meals and the visit from the drivers.”*

*-Lucille, Meals on Wheels recipient*



## AARP Driver Safety Class

**Friday, March 16th 1:00 - 5:00pm**  
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 provide a multi-year discount to course graduates!



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



### A Day Out in Craig, CO

**Wednesday, March 21st, 9:30 am - 4:00 pm**

Join us for shopping, lunch and errands. Space is limited. Please RSVP to April. 970-879-0633

### Don't Forget...



**Sunday, March 11th**

To see photos and more  
happening events:  
"Like" us on Facebook





## Do you know our “Powder Puff” stock car racer #94, Eloise More? She is our featured senior this month.

When Eloise told me about racing stock cars, I asked her if she won. She replied, “pretty much.” If you don’t know her from racing, you may recognize her as one of Steamboat Springs’ early entrepreneurs, or she may have delivered your mail. Eloise More is a true “renaissance woman.” Born in 1938 at the 8th St. Hospital, she is the youngest of five children. Eloise grew up on a ranch at the base of Rabbit Ears Pass and attended grade school at the Mesa School House. “There were 12-13 kids in the one room school, with one teacher for eight grades.” When she wasn’t attending school, one of Eloise’s chores was to collect, wash and case the eggs from 500 chickens. The family sold those eggs to the Oak Creek grocery store. “We got two, five gallon buckets of eggs each day, and I was told not break more than 6 per day while washing them.” At 16 years old, her family house caught on fire. “We didn’t have a phone, and by the time help came, the house completely burned down. My dad tried to fight the fire, but inhaled too much smoke. He died from lung cancer about six months later, at age 55. We rebuilt the house and my mom stayed there for many more years. She passed away at 101.”



After high school, Eloise made her way to Denver to attend Parks Business College. She decided six months of college and the city were enough. She returned to Steamboat and started working at the Spring Creek Motel (site of the current post office). She bought the motel and later sold it to Safeway. She then bought 720 Lincoln and started Dairy King, which has since then been leased to various restaurants.

One of Eloise’s hobbies has always been bowling. She and friends would travel to Walden to compete in a bowling league. Steamboat Springs did not have a bowling alley at the time, so a friend encouraged her to build one. In 1979 Eloise found six investors and built and opened Snowbowl. She operated Snowbowl for 11 years until her assistant manager started telling her what to do. She told him, “You can’t tell me what to do unless you buy this place! I guess that made him mad, so he did.” She then started working for the post office and delivered mail in Routt County until a few years ago. “I liked delivering mail, because I could be my own boss.”

I asked Eloise about her family, which included her best friend, and her two children. “I raised Brian and Brigitte like my own. You spend all your time raising kids and then they leave you.” Brian and his daughter, Indigo (18), are in Colorado Springs and Brigitte has moved to Hawaii with her daughters, Casia (15) and Talea (12). Eloise clearly loves her kids and granddaughters very much and shared how much she misses them. “Family is what you make of it. I guess this place (RCCOA community) is my family now.” Eloise has been coming to lunch, attending exercise classes and bingo for a little over a year. I asked her how she found us. “I used to eat lunch at McDonald’s. Vi Look told me one day, ‘I’m about to change your habits. Come to lunch at the Community Center with me.’ I guess I’ve been stuck here since! This place is good for me, good for my health. The food is good and the exercise classes are good.” We are happy you found us Eloise! You are good for us too!

Thank you to our featured senior each month. I love learning more about each of you. If you would be willing to share your stories, please contact April, 970-879-0633, my office door is always open.

## Adult Protective Services Role, Responsibilities, and Limitations



In 2012, Adult Protective Services (APS) responded to 11,000 reports of mistreatment or self-neglect of at-risk adults in Colorado. Some of the conditions that may make an adult at-risk of mistreatment or self-neglect include dementia, Alzheimer's disease, developmental disabilities, severe physical disabilities, or serious medical conditions.

APS' response depends on the allegations and the condition of the at-risk adult. When APS responds to a report, the first step is to interview the at-risk adult and determine if the mistreatment or self-neglect is actually happening.

Next, APS tries to find out if the adult has the ability to make responsible decisions and if they understand the consequences of their decisions. The ability to understand and communicate responsible decisions is referred to as "decisional, mental, or cognitive capacity." Adults with capacity have all the same rights as any other adult no matter what their condition or disability might be. Adults with capacity have the right to refuse or accept some or all of the help APS offers. The right to accept or refuse services is known as "Consent." APS must get the consent of an at-risk adult who has capacity in order to provide protective services.

Regardless of the at-risk adult's capacity or the allegations, APS caseworkers are always guided by three principles: 1) confidentiality, 2) self-determination, and 3) the least restrictive intervention. APS caseworkers are required by the APS statute to keep any and all information about a report and client confidential. Self-determination is an adult's right to make their own decisions and to choose their own course of action. Finally, the principle of least restrictive intervention means that APS caseworkers try to provide the minimum amount of services necessary to stop or prevent the mistreatment and self-neglect.

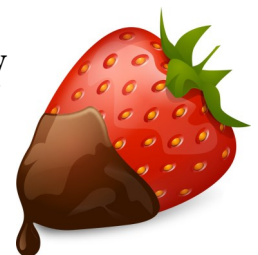
Remember, if you suspect mistreatment or self-neglect, it's okay to speak up. You should immediately report the situation to the Routt County Department of Human Services at 970-870-5533. Ask to speak to Adult Protection Intake. If calling about an emergency situation during non-business hours, contact Routt County Communication at 970-879-1090 to make the report.

All reports are confidential and may be made anonymously. However, it is helpful to APS if you provide your contact information so APS can contact you if needed. If you have any questions about reporting to APS, call Routt County Department of Human Services.

## 13 Ways to add fruits and vegetables to your diet.

1. **Know your needs.** Most guidelines recommend a minimum of 2 cups of vegetables a day. More is better. To calculate your fruit and vegetable needs go to [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).
2. **Set a goal.** Start by eating one extra fruit or vegetable a day.
3. **Be sneaky.** Adding finely grated carrots or zucchini to pasta sauce, meatloaf, chili or stew is one way to get extra servings of vegetables.
4. **Try something new.** Its easy to get tired of bananas, apples, and grapes. Try Kiwi, mango, and pineapple.
5. **Blend in.** A fruit smoothie is a delicious way to start the day or tide you over until dinner.
6. **Be a big dipper.** Try dipping vegetables into hummus or another bean spread, some spiced yogurt, or a bit of ranch.
7. **Spread it on.** Try mashed avocado as a dip with diced tomatoes and onions. Pureed cooked spinach is a delicious dip.
8. **Start off right.** Ditch your morning donut for an omelet with peppers, mushrooms, onions.
9. **Drink up.** Having a 6-ounce glass of low-sodium vegetable juice, instead of soda, gives you a full serving of vegetables.
10. **Give them the heat treatment.** Cut up onions, carrots, zucchini, asparagus, turnips. Coat with oil, add a dash of balsamic vinegar and roast at 350 degrees until done.
11. **Let someone else do the work.** Food companies offer ready-made salads.
12. **Improve on nature.** Jazz up vegetables with spices, nuts, balsamic vinegar, olive oil. Even a dash of parmesan cheese can liven up green beans.
13. **Get help from Willy Wonka.** Try any type of fruit dipped in a dark chocolate.

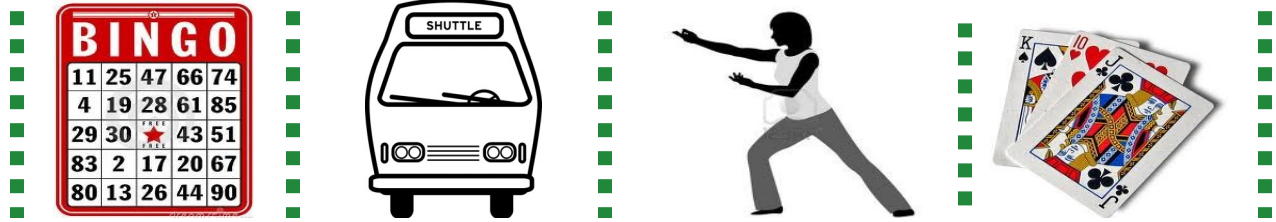
- Provided by Healthbeat



# SERVICES AND ACTIVITIES OF RCCOA



ROUTT COUNTY  
COUNCIL ON AGING



**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  
Lavon Cheek  
Maybelle Chotvacs  
Amy Coleman  
Clint Koler

Michael Kenney  
Mary Monger  
Jim O'Conner  
Terri Reeves  
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.

Contribute to our March for Meals Campaign,  
**PLEASE MAKE YOUR DONATION TODAY!**  
All donations stay in Routt County and support our local programs.

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)



## AGING WELL

March 2018

### FITNESS CLASSES

**THERE IS A \$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

Tuesdays, 10:30 - 11:30 am  
Stmbt. Community Center

#### South Routt

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

**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 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**  
2nd Fri. of the month (\$20 donation)

**Northwest Colorado Health: 1:00 - 4:00 pm**  
2nd Fri. of the month

**Northwest Colorado Health: 8:30 am - 4:00 pm**  
4th Fri. of the month

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

**South Routt Medial Center: 9 am - 4 pm**  
1st Fri. of the month

**Oak Creek Senior Apartments: By appointment**

**Yampa Town Hall: By appointment**



# MARCH EVENTS AND ANNOUNCEMENTS



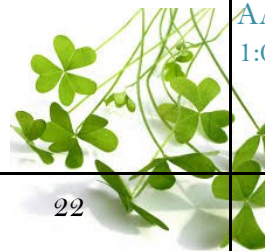
ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs:     

South Routt:     

Hayden:     

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26</p> <p>Birds of Florida with Linda Litteral</p> <p>Bridge 1:00 Stmbt</p>	<p>27</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>28</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>1</p>	<p>2</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>5</p> <p>Filing your 2017 taxes. Tax help with Susan White</p> <p>Bridge 1:00 Stmbt</p>	<p>6</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>7</p> <p>Bingo 12:30 S.R.</p> <p>Foot care &amp; Wellness Clinic: Haven</p>	<p>8</p> <p>"Senior March" at the historic courthouse 10:00-11:00am</p>	<p>9</p> <p>Bingo: Hayden</p> <p>Foot care: Stmbt</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>12</p> <p>Exploring New Heights: Meg Tully</p> <p>Bridge 1:00 Stmbt</p>	<p>13</p> <p>Wellness Clinic: Stmbt</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>14</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>15</p> <p>Duplicate Bridge 1:00 Stmbt</p>	<p>16</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> <p>AARP Safe Driver 1:00-5:00pm</p>
<p>19</p> <p>What I Never Learned From 4H: April Sigman and Goat Kids</p> <p>Bridge 1:00 Stmbt</p>	<p>20</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>21</p> <p>Bingo 12:30 S.R.</p> <p>Foot care &amp; Wellness Clinic: Haven</p> <p>Shuttle to Craig</p>	<p>22</p>	<p>23</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>26</p> <p>"March for Meals" Open House</p> <p>Bridge 1:00 Stmbt</p>	<p>27</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>28</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>1</p>	<p>2</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 8 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
26 Pizza Salad w Garbanzo Beans Raisins Peanut Butter Bars	27 Roast Beef Mashed Potatoes Gravy Green Beans Tossed Salad Mandarin Oranges Pineapple Cake	28 Roast Beef Mashed Potatoes Gravy Green Beans Tossed Salad Mandarin Oranges Pineapple Cake	1 Pork Chili Dog Mixed Veggies Pea and Cheese Salad Waldorf Salad Jello	2 Chicken and Dumplings Tossed Salad Wheat Crackers Oatmeal Cookie
5 Meatloaf Mashed Potato/ Gravy Carrots Green Beans Tossed Salad Wheat Roll Apple Pie	6 Chicken Wings Roasted Potatoes Kidney Beans Wheat Roll Tossed Salad Fruit	7 Gumbo Brown Rice Corn French Bread Tossed Salad Orange Cake	8 Gumbo Brown Rice Corn French Bread Tossed Salad Orange Cake	9 Mushroom Stroganoff Mixed Veggies Caprese Salad Pineapple Bread Pudding Banana OJ
12 Sesame Chicken Fried Rice Asian Broccoli Salad Pears Carrot Cake	13 Salmon Noodle Casserole Spinach Tossed Salad Biscuit Orange Sherbet Banana	14 Corned Beef and Cabbage Potato Carrot Tossed Salad Rye Roll Chocolate Cake	15 Corned Beef and Cabbage Potato Carrot Tossed Salad Rye Roll Chocolate Cake	16 Baked Potato Bar Broccoli and Chz Caesar Salad Yogurt Vanilla Wafers
19 Reuben Carrots Potato Salad Tossed Salad Cookie	20 Chicken Fried Chicken Mashed Potatoes Gravy Mixed Veggie	21 Pork Stir Fry Cauliflower Spin Salad w/ mandarin oranges Wheat Roll Pears	22 Pork Stir Fry Cauliflower Spin Salad w/ mandarin oranges Wheat Roll Pears	23 Spinach Quiche Orzo Tossed Salad Banana Orange Peach Crisp
26 Spaghetti and Meatballs Green Beans Tossed Salad Garlic Bread Sugar Cookie	27 Crunchy Shrimp Taco Mixed Veggies Coleslaw Tossed Salad Banana Pudding	28 Cubed Pork Cutlet Cauliflower Broccoli Kidney Beans *Tossed Salad Wheat Roll Baked Apple Oatmeal Cookie	29 Cubed Pork Cutlet Cauliflower Broccoli Kidney Beans *Tossed Salad Wheat Roll Baked Apple Oatmeal Cookie	30 Black Bean Burger Zucchini Peas Tossed Salad Fruit

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