



# SENIOR SCOOP

## News and Views from the Council on Aging



ROUTT COUNTY  
COUNCIL ON AGING

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### How the Power of Kindness Can Impact Your Life and Others

I'd like to share a devotional I read recently:

*Leo Tolstoy, the great Russian writer, tells of the time he was walking down the street and passed a beggar. Tolstoy reached into his pocket to give the beggar some money, but his pocket was empty. Tolstoy turned to the man and said "I'm sorry, my brother, but I have nothing to give."*

*The beggar brightened and said "You have given me more than I asked for – you have called me brother."*

*To the loved, a word of affection is a morsel, but to the love-starved, a word of affection can be a feast.*

Kindness is a simple concept, yet so very impactful. It can make the world a better place. I encourage everyone to share a kind word every day to someone in your family, a friend, an acquaintance and even a stranger.

Warmly,

Pegi Simmerman  
2018-2019 RCCOA Board President

March 2019



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

# 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 Second Annual "Senior March"  
at the Steamboat Springs Historic Courthouse!  
522 Lincoln Ave., Steamboat Springs, CO  
Thursday, March 7th at 10:00 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 second annual "Senior March." Coffee, cocoa and treats will be offered.



## More March 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 18th 11:30-1:30



Join us at the Steamboat Community Center for an open house that will include FREE lunch, community BINGO and great door prizes!! 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**

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## COOKING DEMO

Learn to make a new and easy dish. Join Ellyn for a cooking demo (with tasty samples)!

Thurs., March 7th  
12:30 - 1:00



A Star is Born was originally produced in 1937 starring Janet Gaynor and Frederic March. It has been remade three times, the latest in 2018, starring Bradley Cooper and Lady Gaga. Join us Monday, March 4th at 12:30 to see the Oscar-nominated film.



Movie and Popcorn  
"A Star is Born"



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## Shopping and Lunch in Craig, CO

Wed., March 13th 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



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## Need a Ride?

RCCOA is pleased to offer close to 4300 rides annually to seniors. Since our drivers are likely on the road, please call the office number rather than drivers' personal cell phones, when possible. To ensure that you receive the service you need, please keep the following in mind:

-All reservations should be made at a minimum 24 - 48 hours in advance. The sooner you know your schedule, the more likely we will be able to accommodate you.

- If there are delays due to weather, please understand that our driver is doing the best he/she can. **Your patience is appreciated.**

-There will likely be more clients on the shuttles, so please be courteous to everyone.

Please call 970-879-0633 to make your reservations. Suggested donations are \$2/each way within city limits and \$3/each way outside city limits.







**ENDURANCE. STRENGTH. BALANCE. FLEXIBILITY.  
NO MORE EXCUSES.**

### Activities for All Seasons: Fun Ideas for Being Active All Year

Being creative about your physical activity plans and trying new forms of exercise can keep you motivated by preventing boredom. A change in seasons is an excellent time to be creative about your exercise routine and try something new. There are many ways to be active throughout the year.

#### Spring

- As the ice is melting and days are getting longer, take a walk around the block. Ask a neighbor to join you for the company.
- As the temperatures start to get warm, get your garden ready for spring and summer. The lifting and bending you do when gardening are great for strength and flexibility.
- Anything can be fun with upbeat music, including spring cleaning!

#### Summer

- Swim laps or take a water aerobics class. These are both refreshing once the weather gets steamy.
- A bike ride is a great way to enjoy the warmer temperatures. Try renting a tricycle if you're nervous about two wheels.
- Now that the grandchildren are out of school for the summer, ask them to teach you their favorite sport or physical activity.



#### Fall

- If you've heard about the benefits of yoga but haven't tried it yet, National Yoga Awareness Month in September is a great time to find special events and trial classes for beginners.
- As the weather begins to cool, join an indoor sports league, such as pickleball or bowling.

#### Winter

- When your grandchildren visit, head outside to build a snowman together or go ice skating.
- Cold outdoor temperatures are an excellent reason to join an indoor gym or fitness center.
- Give your heart a Valentine's Day gift with dance lessons, such as salsa or tango.

*Credit: <https://go4life.nia.nih.gov/activities-for-all-seasons-fun-ideas-for-being-active-all-year/>*



## 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 January 2019

Julie Alkema  
Michael and Janet Arroyo  
Bridging the Gap  
Charles Gene Cook  
Julie Green

HLCC Construction Company  
Network for Good  
Terri Reeves in memory of Sam Marti  
Bud and Jane Romberg  
Swan Law on behalf of Ardys Kneeland

## Tree of Life Remembers

We now have a “tree of life” to ensure the memory of someone you love. The tree was created by our very own April Sigman. 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  
Mary Monger  
Michelle Castleman  
Michael Kenney  
Clint Koler

Bill Peck  
Terri Reeves  
Sharon Smith  
Chris Stillwell  
Anders Anderson

## AGING WELL

March 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

**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

(Wednesday class is cancelled  
until further notice)

### 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)**

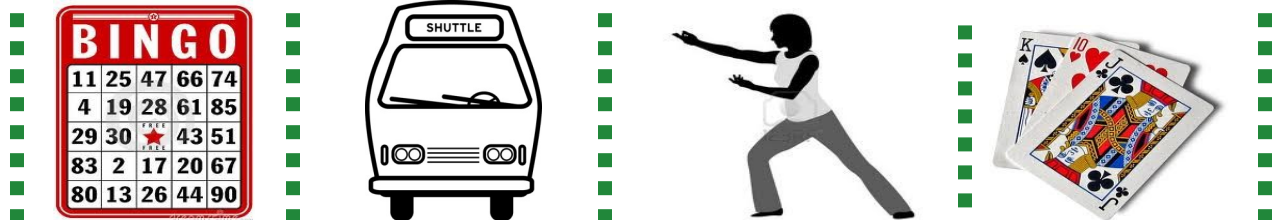
**Northwest Colorado Health: Please call  
970-870-4146 for appointment.**

**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.



# MARCH EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

| MONDAY  | TUESDAY   | WEDNESDAY                                   | THURSDAY   | FRIDAY                                      |
|---|---|---|--|---|
| 25<br>Bridge 1:00 Stmbt<br>Wellness Clinic S.R.                                       | 26<br>Bridge 1:00 Stmbt                                   | 27<br>Bingo: 12:30 S.R.                     | 28<br>Health Fair - Hayden<br>Elementary Gym<br>5:00pm - 6:30pm  | 1<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt  |
| 4<br>Movie and Popcorn<br>"A Star is Born"<br>Bridge 1:00 Stmbt                       | 5<br>Bridge 1:00 Stmbt                                    | 6<br>Bingo: 12:30 S.R.                      | 7<br>"Senior March" 10 am<br>Routt County Historic<br>Courthouse<br>Create Something<br>Yummy - cooking<br>demo with Ellyn<br>12:30 - 1:00 Stmbt | 8<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt  |
| 11<br>Nancy McStay -<br>Caregiver Support<br>Program<br>Bridge 1:00 Stmbt             | 12<br>Wellness Clinic<br>11:30 Stmbt<br>Bridge 1:00 Stmbt | 13<br>Bingo: 12:30 S.R.<br>Shuttle to Craig | 14   | 15<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt |
| 18<br>March For Meals-<br>Open House and<br>BINGO<br>Bridge 1:00 Stmbt                | 19<br>Bridge 1:00 Stmbt                                   | 20<br>Bingo: 12:30 S.R.                     | 21<br>Duplicate Bridge<br>1:00 Stmbt   | 22<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt |
| 25<br>Meg Tully -<br>Kilimanjaro Round 2<br>Bridge 1:00 Stmbt<br>Wellness Clinic S.R. | 26<br>Bridge 1:00 Stmbt                                   | 27<br>Bingo: 12:30 S.R.                     | 28   | 29<br>Bingo 1:00 Stmbt<br>Bridge 1:00 Stmbt |

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.

| <b>Steamboat &amp; South Routt</b>   | <b>Steamboat &amp; Hayden</b>  | <b>South Routt</b>   | <b>Steamboat &amp; Hayden</b>   | <b>Steamboat &amp; South Routt</b>  |
|--|--|--|---|---|
| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
| 25<br>Bean & Cheese Burrito<br>Spanish Rice<br>Squash<br>Mexi Salad<br>Pears<br>Cake                                       | 26<br>BBQ Chicken<br>Potatoes<br>Spinach<br>Tossed Salad<br>Corn Bread<br>Fruit Cocktail             | 27<br>Biscuit and Sausage Gravy<br>Eggs<br>Hash Browns<br>Banana<br>Cherry Crisp                 | 28<br>Biscuit and Sausage Gravy<br>Eggs<br>Hash Browns<br>Banana<br>Cherry Crisp                  | 1<br>Cheeseburger Pie<br>Wheat Roll<br>Tossed Salad<br>Plums<br>Cookie                                |
| 4<br>Beef and Veggie Kabob<br>Rice<br>Wheat Roll<br>Green Salad<br>Brownie<br>OJ   | 5<br>Gumbo<br>Brown Rice<br>Corn<br>French Bread<br>Tossed Salad<br>Orange Cake                      | 6<br>Gumbo<br>Brown Rice<br>Corn<br>French Bread<br>Tossed Salad<br>Orange Cake                  | 7<br>Spinach Stuffed Chicken<br>Brown Rice<br>Asparagus<br>Wheat Roll<br>Pears<br>Banana Pudding  | 8<br>Pizza<br>Salad<br>Apples<br>Banana<br>Oatmeal Cookie   |
| 11<br>Cheeseburger<br>Baked Beans<br>Coleslaw<br>Fruit Cocktail  | 12<br>Spaghetti and Meatballs<br>Green Beans<br>Garlic Bread<br>Tossed Salad<br>Sugar Cookie         | 13<br>Spaghetti and Meatballs<br>Green Beans<br>Garlic Bread<br>Tossed Salad<br>Sugar Cookie     | 14<br>Red Beans and Rice<br>Sausage<br>Corn Bread<br>Spinach Salad<br>Apricots                    | 15<br>Baked Cod<br>Orzo<br>Cauliflower<br>Hush Puppies<br>Tossed Salad<br>Strawberry Shortcake        |
| 18<br>Chicken Enchilada Casserole<br>Mixed Veggies<br>Tossed Salad<br>Coconut Crème Pie<br><b>March 4 Meals Open House</b> | 19<br>Corn beef<br>Cabbage<br>Potatoes<br>Carrots<br>Rye Bread<br>Tossed Salad<br>Chocolate Cake     | 20<br>Corn beef<br>Cabbage<br>Potatoes<br>Carrots<br>Rye Bread<br>Tossed Salad<br>Chocolate Cake | 21<br>Vegetarian Stroganoff<br>Mixed Veggies<br>Caprese Salad<br>Pineapple<br>Bread Pudding<br>OJ | 22<br>Pork Loin<br>Mashed Potatoes<br>Asparagus<br>Wheat Roll<br>Cheesecake<br>OJ                     |
| 25<br>Sausage, Peppers, Onions<br>Rice Pilaf<br>Italian Bread<br>Salad<br>Bran Muffin                                      | 26<br>Chicken Wings<br>Rosemary Potatoes<br>Kidney Beans<br>Wheat Roll<br>Tossed Salad<br>Watermelon | 27<br>Reuben<br>Potato Salad<br>Carrots<br>Tossed Salad<br>Cookie                                | 28<br>Reuben<br>Potato Salad<br>Carrots<br>Tossed Salad<br>Cookie                                 | 29<br>Mushroom Soup<br>Crackers<br>Egg Salad Sandwich<br>Cucumber Salad<br>Orange<br>Trail Mix Cookie |

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

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