

# MARCH SENIOR SCOOP

## News and Views from the Council on Aging



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### THANK YOU DONORS

#### Donations Received January 2017

City Market Community Rewards  
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Keith and Janet Liefer  
Mountain Tap Brewery  
Jaki and Victor Oakland  
Routt County  
Jan and Victor Serafy  
Pegi Simmerman  
Tuesday Bridge  
Yampa Valley Community Foundation



“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.

### Staff

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Steamboat Kitchen Assist  
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Hayden Driver  
**Charlotte Whaley**  
South Routt Kitchen Asst

**March 2017**

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



## 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.

## Events, Activities and Fundraising

### Routt County Council on Aging Open House Friday, March 24th 11:30-1:30

Join us at the Steamboat Community Center for an open house that will include lunch, door prizes, and a special guest with LIVE MUSIC!! All donations received at this free event will help support the Routt County Council on Aging nutrition and transportation programs.

### Community Champions Week March 13-17

Various community champions will help deliver Meals on Wheels and raise community awareness about our services.

### Buy a Wheel and Look For Donation Cups

Buy a wheel for \$2 in honor of someone special to you and have it posted at the Steamboat Community Center, Soutt Routt Community Center or the Hayden American Legion.

Routt County Council on Aging also has donation cups at various locations around Steamboat, Hayden and Oak Creek. Donate spare change or any amount you can give and help support seniors in Routt County. If you know of a location that would like to host a donation cup, see April.

**LIVE MUSIC**

**Free lunch**

**Door Prizes**



**We would like to extend a special thank you to our  
March for Meals sponsors.**

**Jim and Louise Brainard**





## Adult Protective Services

The winters in Routt County can seem to drag on forever at times. Because of that, it is important to be aware of winter dangers and prepare accordingly. Ice, snow and cold temperatures can make life challenging. Slippery sidewalks and cold weather can cause a variety of illnesses and injuries – especially for seniors.

Here are some winter safety tips for seniors from the Adult Protective Team:

### Dress for Warmth

Information from the CDC indicates that more than half of hypothermia-related deaths are of people over the age of 65. Cold temperatures can lead to frostbite and hypothermia. Dress in layers when going outside and consider using a scarf to cover your mouth and protect your lungs. Don't let the temperature indoors get too low, and layers are a good idea for inside as well.

### Avoid Slipping on Ice

Wear shoes with good traction and non-skid soles and if possible, stay inside until roads and walkways are clear. If you use a cane, make sure the tip is not worn and replace if it is. Take your shoes off after coming indoors because snow and ice can stay on the soles of shoes and make things slippery inside when it melts.

### Inspect the Car

Schedule service for your vehicle before winter arrives and check things like the oil, tires, brakes, battery and windshield wipers. Keep a blanket, flashlight and other emergency items in your car.

### Prepare for Power Outages

Have flashlights and batteries handy as well as warm blankets. Keep a supply of non-perishable foods that can be eaten cold. If the power does go out, dress in layers to stay warm, including a hat, and move around regularly to raise your body temperature.

### Fight Wintertime Depression

Many seniors have less contact with others during the winter months because it is difficult and dangerous to get out and about. This lack of interaction with others can lead to feelings of loneliness and isolation. Seniors are encouraged to create a "check-in system" with neighbors, friends and family where each person looks in on one or two other people each day.

It is important to remember to ask for help. If you need your property cleared of snow and ice, need a ride to the store or doctor appointment, don't hesitate to reach out to family, neighbors and community resources.

There are certainly challenges that arise for seniors in the winter, but with knowledge and preparation, you can stay healthy and experience the warmth and joy of springtime soon enough.

If you suspect mistreatment or self neglect of a senior you know, it's okay to speak up. Contact the Routt County Department of Human Services at 970-870-5533. Ask to speak to Adult Protection Intake.

**Take a Trip to the Museum of Northwest Colorado, Craig**  
**Friday, March 17, 9:30am**  
**Shuttle leaving from the Hayden American Legion Building**  
**Admission to the museum is free!**

"We have one of the largest cowboy gun/leather/spur collections ever on public display - anywhere! It is one of the finest of its kind and represents 50 years of collecting by its original owner, Bill Mackin. "





## March is National Nutrition Month

March is National Nutrition Month, making it the perfect time to focus on the importance of healthy food choices and lifestyle changes. While healthy eating habits are crucial, National Nutrition Month also brings focus to improving physical activity.

### Physical Activity Tips:

- Aerobic exercises: At least 2.5 hours a week of moderate to vigorous exercise to increase your heart rate.
- Strength exercises: Strength sessions up to twice a week will improve your posture and balance.
- Being older, it is important for seniors to start slowly, and be aware of limits. Do not overexert yourself.
- Physical activity is beneficial to senior health, but can also be a great way to add social time to the day.



### Vitamins:

- Vitamin D: This is essential to the absorption of calcium, so getting the daily recommended amount will improve bone health.
- Vitamin B: This helps keep blood and nerve function running at an optimal level.

### Small goals that can help shape a healthier you

Star the challenge you would like to complete in honor of National Nutrition Month. Hang this challenge on your refrigerator at home.

- \_\_\_ Make a healthy menu plan for one week in the month.
- \_\_\_ Eat a balanced breakfast five days in a row.
- \_\_\_ Prepare a healthy homemade snack five times this month.
- \_\_\_ Try a whole-grain version of regular grain food you commonly consume.
- \_\_\_ Get two cups of fruit every day for a whole month.
- \_\_\_ Get three cups of vegetables every day for a whole month.



Provided by Elizabeth Bemis, UMH

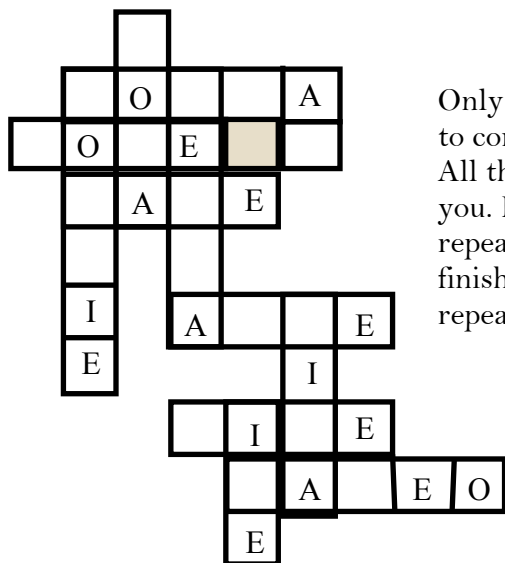
## Nutrition and Food Safety

Eating well is key to maintaining strength, energy and a healthy immune system.

### Food Safety Tips:

- Avoid eating raw eggs, meats and most seafood.
- Wash fruits and vegetables thoroughly.
- Use separate cutting boards for raw meats.
- Wash hands, utensils and cutting boards with soap and water after each use.





## TWO BY TWO

Only two different letters are needed to complete the word puzzle above. All the vowels have been placed for you. Pick only two consonants and repeat them as often as necessary to finish the puzzle. No words are repeated, no proper names are used.

Would you like to have your name published as a **“Master Puzzle Solver?”** Would you like to win a **FREE LUNCH?** Submit your answers at any meal site and you may be chosen as our monthly **“Master Puzzle Solver!”** (Our monthly winners will be drawn from all submitted correct answers.)



*“I don’t  
always  
like to*

*think before I speak.  
Sometimes I like to be as  
surprised as everyone  
else by what comes out of  
my mouth.”* -anonymous



## Happy March Birthdays!



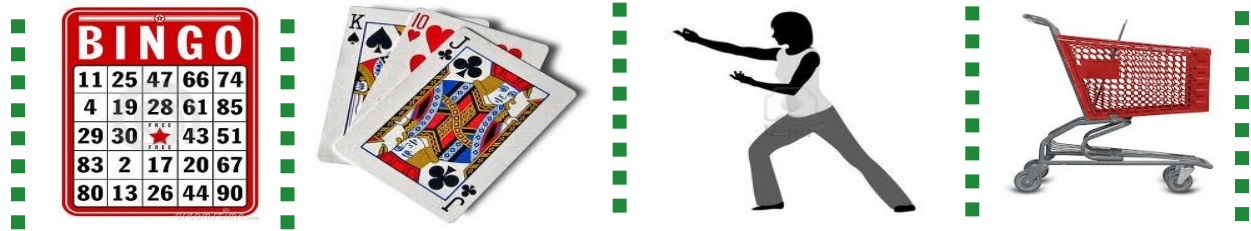
3-3 Vi Look  
3-4 Jim O’Connor  
3-5 Richard Chard  
Sheila Haddix  
3-6 Jim Potts  
3-7 James Lauber  
3-8 Susan Dreska  
Arletta Schweiger  
Jo Semotan  
3-9 Harmon Buckland  
Modesto Compstine

3-13 Yonnie Nichols  
3-15 Joanne Smith  
Gil Fifield  
3-16 Gordon Fisher  
3-17 Sandra Herbert  
Jack Morrison  
3-19 Mary Wixson  
3-21 Catherine Lykken  
3-23 Shirley Murphey  
3-24 Lorraine Robinson

3-26 Edwina Bruder  
Linda D’Aquila  
Bob Happy  
Robert Parker  
3-27 Molly McClure  
3-28 Vida Bragg  
3-29 Ginny Fry  
Nina Hardin  
Cindy Porter

Our birthday list is compiled from completed consumer assessments. Please accept our apology if your birthday is not listed, and see April to complete a current consumer assessment.

# 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 \$6.00. 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 \$6.00. 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 the 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



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

[www.rccoaging.org](http://www.rccoaging.org)



“Like” us on Facebook



“The Meals on Wheels ‘more than just a meal’ model addresses three of the biggest threats of aging: isolation, hunger and loss of independence,” said Meals on Wheels America President and CEO Ellie Hollander. “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.”

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long. The 14th annual March for Meals campaign is led by Meals on Wheels America and gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier. To find out how you can help contact Routt County Council on Aging at 970-879-0633 xt. 4, or donate today!

## 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](http://www.rccoaging.org)



## AGING WELL

MARCH 2017

### FITNESS CLASSES

#### STEAMBOAT

**Intro. to Movement & Exercise**  
Mondays, 2:30 - 3:30 pm  
Mountain View Manor Apts.

**Intro. to Movement & Exercise**  
Wed. 2:30 - 3:30 pm  
Selby Apartments

**Movement & Exercise**  
Thursdays, 10:30 - 11:30 am  
SS Community Center

**Advanced Movement & Exercise**  
Mondays, 10:30 - 11:30 am  
SS Community Center

**Beginning Tai Chi for Health**  
Tuesday 9:45 - 10:30 am  
SS Community Center

**Advanced Tai Chi for Health**  
Tues, 10:45 - 11:30 am  
SS Community Center

### SENIOR WELLNESS

**Drop ins welcome! Donations appreciated!**

#### STEAMBOAT SPRINGS

Mtn. Manor Senior 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

Your donations help ensure these services continue.  
No one will be refused service due to inability to pay  
or donate.

#### SOUTH ROUTT

**Movement & Exercise**  
Mondays, 10:45 - 11:45 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

#### HAYDEN

**Intro. to Movement & Exercise**  
Thursdays, 10—11 am  
The Haven Assisted Living  
Center (open to the public)



**Drop ins welcome!**  
\$3 suggested donation per  
class, unless otherwise noted.

### FOOT CARE

**Appointment required: 970-871-7676.**  
\$20 per visit unless otherwise noted

#### STEAMBOAT SPRINGS

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

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

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

#### OAK CREEK

South Routt Medial Center: 9 am - 4 pm  
1st Fri. of the month (exception: March clinic will be  
3/10)

Oak Creek Senior Apartments: 1 - 4 pm  
3rd Tues. every other month (March, May, July, Sept,  
Nov)

#### HAYDEN

Haven Community Center: 1:15 - 2:45 am,  
Wednesdays



# EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs:       

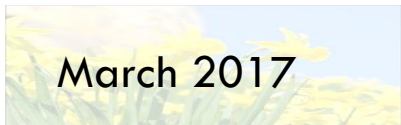
South Routt:       

Hayden:       

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>Africa Revisited with Linda Litteral</p>	<p>28</p> <p>Bridge: S.R.</p>	<p>1</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>2</p>	<p>3</p> <p>Bingo: 12:30 Stmbt</p> 
<p>6</p> <p>SHIP, Medicare information with Betsy Packer</p>	<p>7</p>	<p>8</p> <p>Shuttle to Craig</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care &amp; Wellness Clinic: Haven</p>	<p>9</p> <p>Casey's Pond guest speaker, Lindsey Simbeye</p>	<p>10</p> <p>Bingo: 12:30 Stmbt</p> <p>Bingo: Hayden</p>
<p>13</p> <p>Main St. Steamboat with E.D. Lisa Popovich</p> <p>Casey's Pond guest speaker, Lindsey Simbeye</p>	<p>14</p> <p>Foot care: Stmbt</p> <p>Bridge: S.R.</p>	<p>15</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>16</p> <p>Duplicate Bridge: Stmbt 9:00-4:00</p>	<p>17</p> <p>Bingo: 12:30 Stmbt</p> <p>Museum of NW CO trip</p> 
<p>20</p> <p>Wellness Clinic: S.R.</p>	<p>21</p> <p>Wellness Clinic: Stmbt</p>	<p>22</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care &amp; Wellness Clinic: Haven</p>	<p>23</p>	<p>24</p> <p>March for Meals Open House 11:30-1:30</p> <p>Bingo: 1:00 Stmbt</p>
<p>27</p>	<p>28</p> <p>Bridge: S.R.</p>	<p>29</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>30</p>	<p>31</p> <p>Bingo: 12:30 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


 March 2017

<b>South Routt Steamboat</b>	<b>Hayden Steamboat</b>	<b>South Routt</b>	<b>Hayden Steamboat</b>	<b>South Routt Steamboat</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
27 Chicken Wings Roast Potatoes Kidney Beans Tossed Salad Fruit	28 Jambalaya Zucchini Okra Tossed Salad Banana Crème Pie	1 Roast Beef Mashed Potato Gravy Green Beans Pineapple Mandarin Oranges Cake	2 Roast Beef Mashed Potato Gravy Green Beans Pineapple Mandarin Oranges Cake	3 Black Bean Burger Zucchini Peas Tossed Salad Chocolate Chip Cookie
6 Salisbury Steak Rice Pilaf Veggie Tossed Salad Biscuit Orange Sherbet	7 Chicken Burrito Rice Tossed Salad Fruit	8 Gumbo Brown Rice Corn French Bread Orange Cake	9 Gumbo Brown Rice Corn French Bread Orange Cake	10 Spinach Quiche Orzo Tossed Salad Banana/Orange Peach Crisp
13 Ribs Corn Tossed Salad Coleslaw Peach Cobbler	14 Salmon Noodle Casserole Spinach Tossed Salad Biscuit Orange Sherbet	15 Chicken Fried Chicken Mash w/ Gravy Veggie Tossed Salad Bran Muffin Apple/ Yogurt	16 Chicken Fried Chicken Mash w/ Gravy Veggie Tossed Salad Bran Muffin Apple/ Yogurt	17 Corned Beef Cabbage Potatoes Carrots Rye Roll Pears Chocolate Cake
20 Spaghetti and Meatballs Green Beans Tossed Salad Garlic Bread Sugar Cookie	21 Sesame Chicken Fried Rice Asian Broccoli Salad Pears Carrot Cake	22 Cubed Pork Cutlet Cauliflower Broccoli Kidney Beans Wheat Roll Oatmeal Cookie	23 Cubed Pork Cutlet Cauliflower Broccoli Kidney Beans Wheat Roll Oatmeal Cookie	24 Veggie Chili Cornbread Tossed Salad Waldorf Salad
27 Chicken Stir Fry Brown Rice Broccoli Tossed Salad Ice Cream	28 Pork Green Chili Wheat Tortilla Corn Pineapple Oatmeal Cookie	29 Pork Green Chili Wheat Tortilla Corn Pineapple Oatmeal Cookie	30 Reuben Sauerkraut Green Beans 3 Bean Salad Peaches	31 Baked Potato Bar Broccoli w/ Cheese Caesar Salad Yogurt Vanilla Wafers

**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