

MAY SENIOR SCOOP

News and Views from the Council on Aging



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You're Invited to the
Spring Fling!!

Friday, May 20th

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

My Plate for Older Adults

Nutrition scientists at the Jean Mayer U. S. Department of Agriculture Human Nutrition Research Center on Aging (USDA HNRCA) at Tufts University with support from AARP Foundation are introducing an updated MyPlate for Older Adults. The update emphasizes the nutritional needs of older adults in a framework of the 2015-2020 Dietary Guidelines for Americans from the U.S. Department of Health and Human Services.

“It is never too late to make smart changes in your diet. Shifting towards healthier food choices can improve symptoms or decrease risk for developing chronic diseases such as type 2 diabetes, hypertension and heart disease – all of which are more common in older than younger adults,” said Alice H. Lichtenstein, D.Sc., senior scientist and director of the Cardiovascular Nutrition Laboratory at the USDA HNRCA.

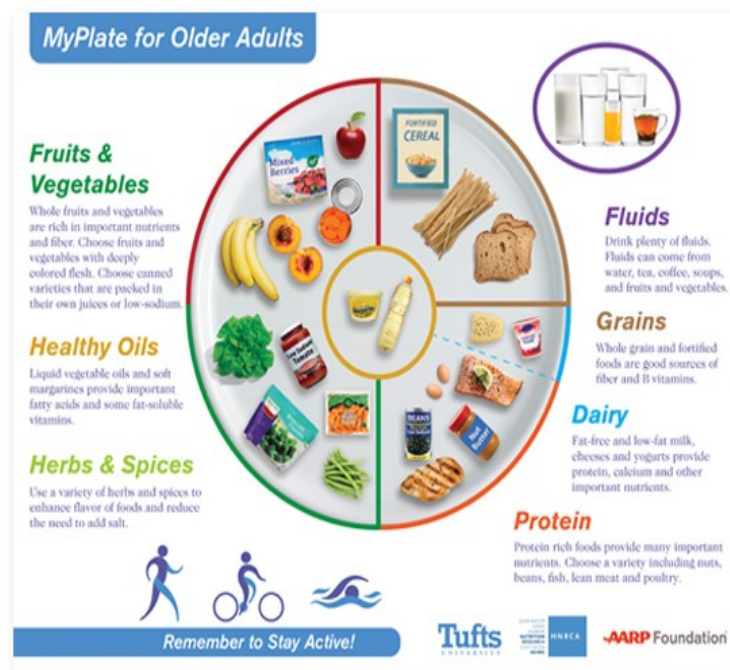
The new MyPlate for Older Adults depicts a colorful plate with images to encourage older Americans to follow a healthy eating pattern bolstered by physical activity. The plate is composed of approximately:

- 50 percent fruits and vegetables;
- 25 percent grains, many of which are whole grains; and
- 25 percent protein-rich foods such as nuts, beans, fish, lean meat, poultry, and fat-free and low-fat dairy products such as milk, cheeses, and yogurts.

The new MyPlate for Older Adults also includes images of good sources of fluid, such as water, milk, tea, soup, and coffee; heart-healthy fats such as vegetable oils and soft margarines; and herbs and spices to be used in place of salt to lower sodium intake.

The MyPlate for Older Adults also reminds older Americans to stay active by walking, riding a bicycle, swimming, or engaging in another activity. The Dietary Guidelines offers suggestions for older adults who are interested in improving their lifestyle and reducing their risk of disease and disability with regular exercise.

- See more at: <http://now.tufts.edu/news-releases/tufts-university-nutrition-scientists-provide-updated-myplate-older-adults#sthash.8vcqvG26.55YA405n.dpuf>



Granola My Way

from “Fair Family Favorites” submitted by Pat Norman

3 cups old fashioned rolled oats
1 1/2 cups slivered almonds (or nut of choice)
1/4 cup brown sugar
1 cup dried fruit (raisins, cranberries, cherries)

1/4 cup agave or honey
1/4 cup coconut oil (or melted butter)
1/2 cup shredded coconut (optional)
3/4 tsp salt



Mix all ingredients. Bake at 250 for one hour, stirring occasionally.

Note: “You would be well advised to double this recipe, because it won’t last long and makes a wonderful gift. Now that Dr. Oz has hailed coconut oil as “good for you” folks are going crazy about it. Pat Norman

Spring Fling Luau

Friday, May 20th 11:30-1:30

Steamboat Springs Community Center

**Live music and
entertainment by
John Sant'Ambrogio**



We are thrilled to have John Sant'Ambrogio perform for us this year. John played with the Boston Symphony for 9 years, was Principal Cellist with the Casals Festival Orchestra for 2 years, and Principal cellist with the Saint Louis Symphony Orchestra for 37 years. A natural storyteller, he has published a book, *The Day I Almost Destroyed the Boston Symphony Orchestra and Other Stories*.

Serving Flank Steak, Coconut Shrimp, Mashed Cauliflower, Asparagus, Spinach Salad, and Cherry Jubilee

**RSVP for lunch and transportation
970-879-0633**



LIVE UNITED
Routt County United Way

**United Way Day of Caring
Wed., May 18th**

8:00am-12:00pm

**Self Sufficiency Projects for
Individuals**

These projects help people that are trying to remain self-sufficient but do not have the physical or financial means to accomplish a task. Minor repairs, beautification projects, painting, window washing or other general improvement of their surroundings are projects we are looking to match up with a volunteer.

**Application Deadline for
projects is May 6th.** See April if you have questions or want to sign up to have your project completed.

**A special Thank You
to everyone who volunteers for us...**

Meals on Wheels Delivery Drivers

Sandy Berger
Tanna Brock
Kayt Gary
Marion Gibson
Bob Larson
Vi Look
Tosia Sauter
Tom Swissler

April Speakers

Harvey Goertz and friends-Musical
Entertainment
Tread of Pioneers -Katie Adams
Classic Air Medic -Chad Bowdre
1900's Art Nouveau -Linda Litteral
Hayden Genealogy Club- Cindy Wright

Other Volunteers

Mary Monger
Chris Stillwell





- 5-1 Joyce Hoekstra
Dave Reid
James Slagle
- 5-2 Lynn Turner
- 5-3 Donna Hellyer
Verna Whaley
- 5-11 Valerie Clark
Lou Dolman
Ron Graver
Bill Voorhees
- 5-12 Rosa Lawton
- 5-14 Gary Anderson
- 5-28 D'Ann Kavanaugh

Happy May Birthdays!



Sunday, May 8th

**Memorial Day
Monday, May 30
All Sites Closed**



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.



Boggle was a big hit. Many of you came up with over 80 words! Let's do it again. How many words can you form from the letters of sequentially adjacent cubes, where "adjacent" cubes are those horizontally, vertically, and diagonally neighboring. Words must be at least three letters long, and may not use the same letter cube more than once per word.

P	R	E	W
J	A	N	U
I	K	E	L
T	B	O	M

Congratulations to our April Master Puzzle Solver! Wendy Schermerhorn

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.)

SUPPORT OUR SENIORS



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

www.rccoaging.org

“Like” us on Facebook



Please Share!

Our newsletter reaches at least 600 people in Routt County-most of them seniors. If you know of a service or program that would benefit them, we'd be glad to make note of it in the Senior Scoop, or have them present at a meal site. Please submit all items by the 15th. 970.879.0633 or email april@rccoaging.org.



The Routt County Council on Aging can only achieve its goals with the assistance of generous donations from members and organizations of our community. Without these donations, serving those in our area would not be possible.

We've learned that exciting programming brings new people into our dining rooms for lunch and onto our vans for rides. In 2015, our core nutrition and transportation programs thrived. In our Steamboat dining room alone, we are serving an average of 32 seniors each day.

Since our organization relies on the generosity of individuals like you, we ask you to consider a donation to our cause. All gifts are meaningful!

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

STEAMBOAT

Intro. to Movement & Exercise

Mondays, 2:30 - 3:30 pm
Mountain View Manor Apts.

Intro. to Movement & Exercise

Wednesdays, 3 - 4 pm
Selbe 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

Tuesdays, 9:30 - 10:30 am
SS Community Center

Advanced Tai Chi for Health

Tuesdays, 10:30 - 11:30 am
SS Community Center

AGING WELL FITNESS

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

Movement & Exercise

Thursdays, 11 am - Noon
Haven Community Center



Drop ins welcome!

*\$3 suggested donation per class,
unless otherwise noted.*

SENIOR WELLNESS CLINICS

Drop ins welcome! Donations appreciated!

STEAMBOAT SPRINGS

Mtn. Manor Senior Apartments: 1:30 - 2:30 pm
2nd Wednesday 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 Monday of the month

HAYDEN

Haven Community Center: 9 am - Noon
2nd & 4th Wednesday of the month

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

FOOT CARE CLINICS

Appointment required: 970-871-7676.

\$20 per visit unless otherwise noted

STEAMBOAT SPRINGS

Steamboat Community Center: 8:30 - 11:30 am
2nd Tuesday of the month (\$20 donation
appreciated)

VNA Community Health Center: 8:15 am - 12:45 pm
4th Tuesday of month

OAK CREEK

South Routt Medial Center: 9 am - 3 pm
3rd Monday of the month

Oak Creek Senior Apartments: 9 - 11:30 am
1st Monday of April, June, Aug, Oct. and Dec.

HAYDEN

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

YAMPA

Yampa Town Hall: 1:15 - 3:30 pm
1st Monday of April, June, Aug, Oct. and Dec.



MAY EVENTS AND ANNOUNCEMENTS



Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Women in America Part 2 of the PBS series	3 Bridge: S.R.	4 Bingo: 12:30 S.R. Foot care: Haven	5	6 Bingo: 1:00 Stmbt
9 Yampa Valley Fiberworks, tour sheep farm and fibermill	10 NO Foot care: Stmbt	11 Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	12	13 Bingo: 1:00 Stmbt
16 Jenny Thompson, Dietician, will share information on cancer prevention and survivorship	17 Wellness Clinic: Stmbt Bridge: S.R.	18 Bingo: 12:30 SR Foot care: Haven	19 Duplicate Bridge: Stmbt 9:00-4:00	20 Grab Your Shirt  Spring Fling Bingo: 1:00 Stmbt
23 Heli-Hiking the Canadian Rockies: Barbara Bronner Wellness Clinic: S.R.	24	25 Foot care 9:00 Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	26	27 Bingo: 1:00 Stmbt 
30 Memorial Day All Sites Closed	31 Bridge: S.R.	1 Bingo: 12:30 S.R. Foot care: Haven	2	3 Bingo: 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.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Chicken Sweet Potato Peas and Carrots Texas Toast Fruit	3 Spaghetti and Meat Sauce Green Beans Wheat Roll Tossed Salad Oranges	4 Sausage and Peppers Roasted Potatoes Tossed Salad Tapioca Pudding Bananas	5 Sausage and Peppers Roasted Potatoes Tossed Salad Tapioca Pudding Bananas	6 Broccoli Casserole Peas and Carrots Wheat Roll Pineapple/Pears Nuts/Raisins
9 Chicken Teriyaki Lo Mein Noodles Stir Fry Veggies Egg Roll Fruit Cocktail	10 Black Bean Burger Peas Zucchini Chocolate Chip Cookie	11 Gumbo Brown Rice Corn French Bread Oranges Bread Pudding	12 Gumbo Brown Rice Corn French Bread Oranges Bread Pudding	13 Pizza Tossed Salad Apple Crisp
16 Ham/Broccoli/Pasta Casserole Corn Tossed Salad Garlic Bread Cookie	17 Eggplant Parmesan Wheat Roll Tossed Salad Fruit/Granola Parfait	18 Eggplant Parmesan Wheat Roll Tossed Salad Fruit/Granola Parfait	19 Swedish Meatballs Egg Noodles with Gravy Green Beans Carrots Muffin Fruit	20 Spring Fling Flank Steak Coconut Shrimp Mashed Cauliflower Asparagus Wheat Roll Spinach Salad Dessert
23 Chicken Caesar Salad Brussel Sprouts Bread Apple Pie	24 Baked Macaroni and Cheese Asparagus Wheat Roll Tossed Salad Banana	25 Baked Macaroni and Cheese Asparagus Wheat Roll Tossed Salad Banana	26 Fish Tacos Rice Pilaf Mixed Veggies Fruit	27 Beef Tips Potatoes Carrots Wheat Roll Strawberries
30 Memorial Day All Sites Closed	31 Sloppy Joe Sweet Potato Cauliflower Broccoli Tossed Salad Cookie/Ice Cream	1 Sloppy Joe Sweet Potato Cauliflower Broccoli Tossed Salad Cookie/Ice Cream	2 Turkey ala King Veggies Biscuit Tossed Salad Jello	3 Bean Burrito Spanish Rice Squash Pineapple Cake

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**