



SENIOR SCOOP

News and Views from the Council on Aging



March for Meals was a huge success!! We raised over \$9,000.

**THANK YOU
TO ALL OUR DONORS!**
Donations Received March 2018:

May 2018

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Hayden Driver
Charlotte Whaley
South Routt Kitchen Asst.

Coming Events...

**NORTHWEST COLORADO
HEALTH**
745 Russell Street | Craig, CO 81625
9400 Centre - 4 and 10 Ave, Suite 101 | Steamboat Springs, CO 81541
northwestcoloradohealth.org

FREE CARDIOVASCULAR SCREENINGS



Senior Wellness Clinic
Tuesday, May 15
11:30 am—12:30 pm

@ the Steamboat Springs Community Center

SCREENINGS INCLUDE:

- Full cholesterol panel
- Blood glucose levels
- Blood pressure
- BMI (Body Mass Index)
- Personalized prevention tips based on results

Can't make it? Schedule an appointment:
970-824-8233 in Craig or
970-879-1632 in Steamboat Springs

Take a Day Trip to Rifle Falls and Rifle State Park. Wednesday, May 16th

Leaving from Steamboat Community Center at 9:00am and returning by 5:00pm. Picnic lunch included. Please RSVP, 970.879.0633, space is limited. \$8.00 suggested donation.



A Day Out in Craig, CO

Wednesday, May 30th, 9:30 am - 4:00 pm

Join us for shopping, lunch and errands. Space is limited.

Please RSVP to April, at least 48 hours in advance. 970-879-0633



United Way Day of Caring

Wednesday, May 23rd, 9:00am - 12:00pm

Do you need help with a project around your home? Spring cleaning, window washing, yard clean-up ...? Let April know by May 14th, and I will submit your project request to United Way volunteers. Project requests are accepted for all areas of Routt County for those unable to pay for services. Contact April with questions. 879.0633 xt. 4



LIVE UNITED

6 Senior Nutrition Myths

It's known that eating right can improve and extend lives, but what "eating right" entails isn't always clear. This is especially true for seniors, whose nutritional needs are different than any other age group. The right diet and nutritional intake is arguably more important for seniors than for any other age group. Seniors have unique nutritional needs that can only be addressed when they are understood. Unfortunately, many false beliefs about a senior's nutritional needs exist. Be aware of these myths so that seniors can start eating right or improving their health in other ways. Here are 6 myths about senior nutrition that are commonly accepted as the truth, but have been disproved.



Myth #1: It's Natural for Older People to Lose Their Appetite

It's true that seniors need less food than younger adults because of metabolic changes and decreased energy output, but an outright loss of appetite is not normal, and could be a sign of a serious health problem. What's more, simple causes such as a decreased sense of taste or dental problems, can lead to seniors eating less and making it appear as though their appetite has decreased when it hasn't. Seniors should weigh themselves periodically to look for changes. Any sudden weight loss should be seen as a red-flag and warrants a visit to the doctor.

Myth #2: Being Moderately Overweight is a Sign of Robust Health

While one highly publicized study suggested that those who are moderately overweight have slightly longer life spans, other studies, such as one at Oxford University, associated being moderately overweight with a decreased lifespan. The overweight, or obese, are said to experience life spans 10 years less than average according to the Oxford study. There are numerous documented risks to being overweight. Such risks include type-2 diabetes, heart disease and even Alzheimer's disease.

Myth #3: It Doesn't Matter Whether an Older Person Eats Alone or With Others

Elderly people who live alone and are left to prepare food by themselves often have bad outcomes. Physical and cognitive problems often cause seniors to become unable to prepare adequately nutritious or filling meals. Eating almost every meal in isolation can also exacerbate loneliness, stress and anxiety. In other words, constantly eating alone can put seniors at risk. It's ideal for seniors to, at least some of the time, eat with others. Seniors living alone can visit senior centers where meals are available along with activities and company from people in their own generation. Senior communities are also a good solution for seniors unable to prepare meals.



Myth #4: Seniors Have Slower Metabolisms and Need Fewer Nutrients

While seniors may need slightly fewer calories and food-bulk than younger adults, they need just as many nutrients, if not more. One reason is that as we age, our ability to absorb nutrients decreases. Specifically, physicians recommend that older adults increase their intake of calcium, as well as vitamins D and B12.

Myths #5: Seniors With a Weak Appetite can Safely Skip Meals

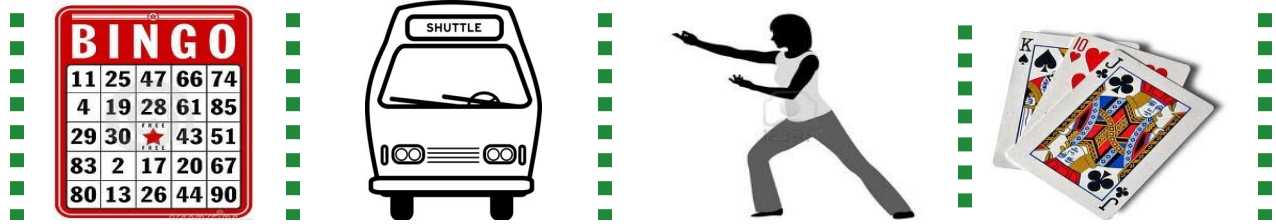
There are numerous drawbacks to skipping meals. For one, it can cause our body to crave food to such an extent that at the next meal we overindulge in the extreme, which is not healthy. On the other hand, and somewhat paradoxically, skipping meals can further decrease a senior's appetite. Another major risk of skipping meals is that it can wreak havoc on blood sugar levels, which has numerous negative health implications.

Myth #6: Seniors Who Aren't Overweight Can Eat as Much Sugar, Fat and Salt as They Like

Some of us may know someone who is thin but can eat a half gallon of ice cream in one sitting and double-cheeseburgers like they are going out of style. Although you may be envious of his or her ability to eat junk food without gaining weight, there's ultimately nothing to be jealous of, as this sort of eating is harmful whether or not it results in weight gain. People who are a "healthy weight" can still develop heart disease from eating too many high-fat foods, and they can still develop diabetes from an improper sugar-heavy diet.

<https://www.aplaceformom.com/blog/3-15-14-senior-nutrition-myths/>

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 \$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.



Adult Protection Series: Thank You Caregivers

Adult children caring for their aging parents, also known as caregivers, are something that often go unacknowledged and are usually an assumed responsibility of children. If there are no children or unavailable children, you will often find community members stepping in to fulfill an aging adults' needs. An adult child caring for an aging parent is a role reversal of which the following should be considered: it emotionally impacts all of the individuals involved, can be a significant lifestyle change which may occur without warning, is something that is time consuming and resources may not seem as available when they actually are.

There are gradual, unnoticeable and normal characteristics of aging that are important to be sensitive to when considering becoming a caregiver of an aging adult. Common reasons that children may find themselves caring for their aging parent are: memory loss (i.e. Dementia, Alzheimer's, cognitive impairment, etc.), unstable housing, chronic substance abuse issues and/or medical issues that inhibit living independently.

Though Routt County is a smaller community, there are many available resources that can support an aging adult and/or a caregiver. If you find yourself in this position, you can access services by calling Northwest Colorado OPTIONS for Long Term Care at 1-970-824-5646.

Becoming a caregiver for someone you love and who has cared for you much of your life can be daunting. Thank you to all the caregivers that have or are in this selfless and difficult role, your hard work does not go unnoticed!

Submitted by Grace Levin, Routt County Department of Human Services

AGING WELL

May 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 for Arthritis
Tuesdays, 9:15 - 10:15 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 - 4:00 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

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

MAY EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 “The Bucket List” Pizza and Movie Bridge 1:00 Stmbt	1 Beginning Bridge 1:00 Stmbt Elementary School kids to perform songs: Amer. Legion	2 Bingo: 12:30 S.R. Foot care: Haven	3	4 Spring Fling SR Closed Bingo 1:00 Stmbt Bridge 1:00 Stmbt
7 “The Blue Zones” Jocelyn Chang Bridge 1:00 Stmbt	8 Beginning Bridge 1:00 Stmbt Bridge: S.R.	9 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	10 Foot care: Stmbt	11 Bingo: Hayden Bingo 1:00 Stmbt Bridge 1:00 Stmbt
14 Meet “Cash,” April’s baby goat! Bridge 1:00 Stmbt	15 Cardio Screening: Stmbt Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt	16 Day Trip to Rifle Falls Bingo 12:30 S.R. Foot care: Haven	17 Duplicate Bridge 1:00 Stmbt	18 Bingo 1:00 Stmbt Bridge 1:00 Stmbt 
21 Alternative Therapies, Jocelyn Chang Bridge 1:00 Stmbt Wellness Clinic: S.R.	22 Beginning Bridge 1:00 Stmbt Bridge: S.R.	23 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven United Way Day of Caring	24	25 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
28 All Sites Closed Memorial Day	29 Beginning Bridge 1:00 Stmbt	30 Shuttle to Craig Bingo: 12:30 S.R. Foot care: Haven	31	1 Bingo 1:00 Stmbt Bridge 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.

SENIOR EAT *and* GREET



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Pizza Salad Raisins Peanut Butter Bars	1 Chicken Salad Sandwich Minestrone Soup Fruit Salad Jello	2 Chicken Salad Sandwich Minestrone Soup Fruit Salad Jello	3 Mac n Cheese Mixed Veggies Tossed Salad Bran Muffin Banana Mandarin Orange	4 Carne Asada Burrito Shrimp Taco Chicken Quesadilla Spanish Rice Pinto Beans Mexi Salad
7 Beef Tips Potatoes Carrots Tossed Salad Wheat Roll Strawberries	8 Hawaiian Shrimp Stir Fry Brown Rice Peas and Carrots Cucumber Salad Wheat Roll Applesauce	9 Hawaiian Shrimp Stir Fry Brown Rice Peas and Carrots Cucumber Salad Wheat Roll Applesauce	10 Baked Chicken Mashed Potato/ Gravy Corn Tossed Salad Italian Bread Orange Sherbet	11 Brats Sauerkraut Beets Tossed Salad Strawberries Bananas
14 Orange Chicken Rice Stir Fry Veggies Tossed Salad Pound Cake Mixed Berries	15 Spinach Enchilada Spanish Rice Tossed Salad Banana	16 Pork Shoulder Cheese Grits Carrots Tossed Salad Wheat Roll Chocolate Chip Cookie	17 Pork Shoulder Cheese Grits Carrots Tossed Salad Wheat Roll Chocolate Chip Cookie	18 Beef Tacos Pintos Fruit Salad Ice Cream
21 Fish Tacos Rice Pilaf Mixed Veggies Tossed Salad Fruit Cup	22 Turkey with Italian White Beans Mixed Veggies Tossed Salad Garlic Bread Oranges Cinnamon Roll	23 Turkey with Italian White Beans Mixed Veggies Tossed Salad Garlic Bread Oranges Cinnamon Roll	24 Meatloaf Mashed Potatoes Gravy Green Beans Carrot Salad Wheat Roll Apple Pie	25 BLT Potatoes Peas and Cauliflower Salad Strawberries Oranges Boston Crème Pie
28 All Sites Closed Memorial Day	29 Pot Roast Red Potatoes Carrots Tossed Salad Fruit Salad	30 Pork Ribs Mixed Veggies Baked Beans Potato Salad Wheat Roll Watermelon Ice Cream	31 Pork Ribs Mixed Veggies Baked Beans Potato Salad Wheat Roll Watermelon Ice Cream	1 Chicken Teriyaki Lo Mein Noodles Stir Fry Veggies Egg Roll Fruit Cocktail

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