

NOVEMBER SENIOR SCOOP

News and Views from the Council on Aging



THANK YOU RCCOA DONORS! Donations Received September 2015

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Jim Erickson
Kiwanis Club of Steamboat Springs
Betty Leipold
Viola Look
Meals on Wheels Association of America
Bud and Jane Romberg
Lynn and Alene Turner



Help reduce our use of paper. Subscribe to our monthly newsletter or see a calendar of events and menus online, please visit www.rccoaging.org

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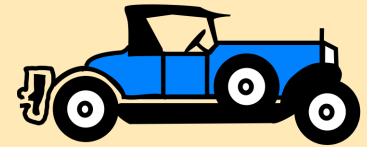
November 2015

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



AARP Driver Safety Class

November 5, 1pm-5pm
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 Jane or Bud Romberg 879-0064



Wed., November 18, 4:00pm
Steamboat Community Center



RCCOA will be **closed**
Thursday and Friday,
November 26th and 27th
for Thanksgiving. Frozen
meals are available prior
to the holiday weekend.
Let April
know if you
are
interested.



Save The Date...

Wednesday, December 2nd
4:30-6:30pm

2015 Routt County Council on Aging
Holiday Party & Open House

Food, Drinks and Holiday Cheer!

Steamboat Springs Community Center

Please RSVP to April at 970.879.0633 x4
or april@rccoaging.org

Wednesday, December 9th ...Shopping trip to Silverthorne or Craig (weather dependent)



ROUTT COUNTY
DEPARTMENT OF
HUMAN SERVICES

Adult Protective Services Role – What do they do?

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.

APS cannot provide legal advice or be an adult's medical proxy decision maker. APS cannot force a client to participate in medical or mental health treatments or place the adult in a facility against their will. If a court determines that an at-risk adult lacks the ability to make decisions to keep them safe, APS may ask a court for guardianship.

If you suspect mistreatment, you should report the situation to 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 can be made anonymously. However, it is helpful to APS if you provide your contact information so APS can contact you, if needed.

Special Green Beans

"Fair Family Favorites"

20 oz French Cut Green Beans
1/4 tsp Lemon Rind
1 Cup Cheddar Cheese, grated
1/2 Cup Bread Crumbs
1 Tbs Flour 2 Tbs Butter
1 Cup Sour Cream 1 Onion, minced
1 Tbs Dry Sherry 1 Tbs Parsley
1 tsp Salt 1/4 tsp Pepper

Melt butter in a large saucepan. Saute onions and parsley. Add salt, pepper, flour, onion rind, sour cream and sherry. Cook another 3 minutes. Add beans to mixture. Pour into casserole dish. Sprinkle with cheese and bread crumbs.

Bake uncovered at 350°



The Health Benefits of a Thanksgiving Meal

With so much emphasis on the fat, calories, and potential dietary pitfalls of Thanksgiving dinner I thought I'd put a positive spin on the indulgent meal.



Just 5oz of turkey provides half the recommended daily allowance of folic acid and 32g of protein.

5oz of mashed potatoes pack 27mg of vitamin C—that's 45% of the RDA

String bean casserole made with frozen or canned vegetables maintains most of the nutrients including beta-carotene and B-vitamins.

A half-cup serving of sweet potatoes provides 330% of your recommended daily allowance of vitamin A!

One half-inch slice (about 1/8th of a can) of cranberry sauce is only 86 calories and .1g of fat. Even better, make your own for the full antioxidant, and infection-fighting benefits of cranberries

1/8th of a 9" pumpkin pie packs 4.2g of fiber and 288mg of potassium, which helps counteract the high levels of sodium in a traditional Thanksgiving meal.

Now you know what you stand to *gain* from a traditional Thanksgiving dinner—aside from pounds.

www.shape.com/blogs/fit-foodies/health-benefits-thanksgiving-dinner

6 Signs It's Time to Stop Driving

Getting older doesn't automatically mean that you shouldn't be behind the wheel; however, regularly monitoring your driving abilities is an important part of maintaining senior health because there comes a point for nearly everyone when reflexes slow and vision deteriorates, making driving no longer safe for you and others on the road.



Today, one in six American drivers is 65 and older, according to the AAA Foundation for Traffic Safety. The Insurance Institute for Highway Safety says that fatal crashes per mile traveled increase at about age 70 and peak at age 85 and older. Many seniors resist giving up their cars, even when loved ones voice concerns about their abilities behind the wheel. Seniors often don't want to give up the independence that a car symbolizes.

Stop Signs for Older Drivers... There are some clear indicators that it's no longer safe to drive.

- Stopping at green lights or when there is no stop sign
- Getting confused by traffic signals
- Running stop signs or red lights
- Having accidents or side-swiping other cars when parking
- Getting lost and calling a family member for directions
- Hearing from friends and acquaintances who are concerned about a senior's driving

When you do have concerns about your own or a loved one's driving, one option is to request a driving evaluation, which can be performed at the state licensing agency.

Adjusting to Life Without Driving

When driving is no longer possible, you can reduce your need for transportation by taking advantage of senior transportation services for groceries, meals, and medications, and even try at-home service providers, such as a hairdresser. You can also explore other options for transportation, including:

Family and friends. Ask loved ones about setting aside time to drive you to the places you need to go.

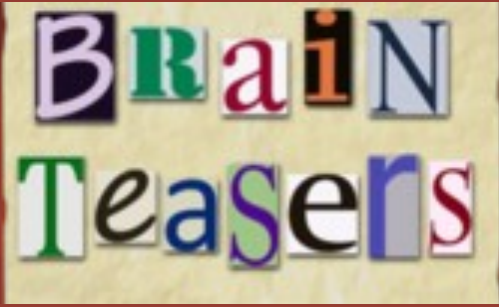
Eldercare providers. Look into senior services that provide transportation.

Mass transit. If your city offers it, reacquaint yourself with the public bus or train system, which may be a fast and inexpensive form of transportation.

Making the transition from being an independent driver to being a passenger can be difficult. However, creating a network of alternative transportation arrangements to get you where you need to be can go a long way toward helping you adjust.

www.everydayhealth.com/senior-health/driving-safety.aspx

As the weather is changing and the roads will be getting bad, take advantage of the shuttle service offered by the Routt County Council on Aging. The recommended contribution is \$2 per trip. Reservations required 24 hours in advance. 970-879-0633



Congratulations to our October Master Puzzle Solver! Bud Romberg

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!”**

The man who found me brought me home because he couldn't find me. The more he looked for me; the more he felt my presence. When he finally found me; he threw me away. What am I?

I hold many things, but no one holds me. The more they remove, the larger I get. What am I?

I live between two worlds, both inside and out. I am often beaten, by those from without. What am I?

Everyone knows of me. Yet I have never existed. Many will use me when tasks are detested. What am I?

Pronounced as one letter and written with three, Three letters there are, but two only in me. I'm double, I'm single, I'm brown, blue, and green, I'm read from both ends, and the same either way. What am I?

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

Thank you

Tanna Brock, Ralph Gourley, Don Little and Jim O'Connor for helping with bridge.

Mary Monger for helping with lunch clean up.

Meals on Wheels Delivery Drivers

Sandy Berger

Tanna Brock

Marion Gibson

Tosia Sauter

Tom Swissler

October Speakers

Becky Hicks

Stephanie Loomis

Jennifer Mattern

Moots

Happy November Birthdays!

(November babies were Valentine's Day celebrations)

11-2 Grace Compestine

11-3 Lavon Cheek

11-6 Mary Monger

11-7 Jack Romick

11-8 Katie Fletcher

11-12 MaryKay Graver

11-17 Cathy Borland

11-18 Marlene Horace Fisher
Jim Sackett

11-19 Donna Bertram
Jane Romberg

11-20 Steve Evans

11-23 Fran Gold

11-25 John Doolittle
Barbara Flowers

11-26 Wayne Coen

11-27 John Whittum

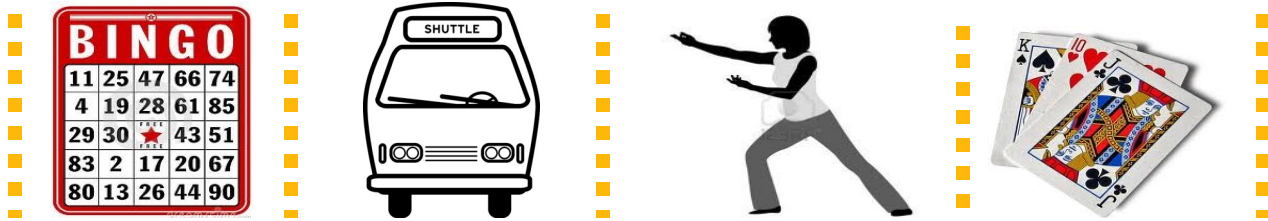
11-29 George Dalrymple

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



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 \$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 VNA. Please see page 8 for a calendar of classes, or call the VNA 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



“Like” us on Facebook



GIVE WHERE YOU LIVE

Colorado Gives Day - Dec 8, 2015
support your favorite local nonprofits



HELP, HELP, HELP....

The January bulletin board needs YOU!

Please help us ring in the New Year by bringing in a baby photo or any photo of you before 18 years old.

All photos will be returned undamaged; give to April or Ellyn. Thank you!!



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 are seeing more people every day. In our Steamboat dining room alone, we are serving an average of 28 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!

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

AGING WELL FITNESS

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

New instructor: Stephanie Loomis, PT

Advanced Movement & Exercise

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

Tai Chi for Health

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

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 - 4:00 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 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 Aug., Oct. and Dec.

NOVEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs:

South Routt:

Hayden:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>How can our communities be healthier? Give your input to Ken Davis Bridge 1:00 Stmbt Mahjong 1:00 Stmbt</p>	<p>3</p> <p>Beginning Bridge 1:00 Stmbt Bridge: S.R.</p>	<p>4</p> <p>Bingo: 12:30 S.R. Foot care: Haven</p>	<p>5</p> <p>AARP Safe Driver Class 1:00 PM</p>	<p>6</p> <p>Routt County Democrats Luncheon Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p>
<p>9</p> <p>Visita La France with Bill Cousins 12:30 Stmbt Bridge 1:00 Stmbt Mahjong 1:00 Stmbt</p>	<p>10</p> <p>Foot care: Stmbt WII 12:00 Beginning Bridge 1:00 Stmbt</p>	<p>11</p> <p>Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven</p>	<p>12</p>	<p>13</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p>
<p>16</p> <p>"Censile Energy" Sarah Jones, Yampa Valley Sustainability Council Foot Care: S.R.</p>	<p>17</p> <p>Wellness Clinic: Stmbt WII 12:00 Beginning Bridge 1:00 Stmbt Bridge: S.R.</p>	<p>18</p> <p>Pizza and Movie Stmbt 4:00pm Bingo 12:30 S.R. Foot care: Haven</p>	<p>19</p> <p>Duplicate Bridge Stmbt 9:00-4:00</p>	<p>20</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt Hayden trip to the Tracks and Trails Museum</p>
<p>23</p> <p>Wellness Clinic: S.R.</p>	<p>24</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>25</p> <p>Bingo 12:30 S.R. Foot care & Wellness Clinic:</p>	<p>26</p> <p>Thanksgiving Day All Sites Closed </p>	<p>27</p> <p>All Sites Closed</p>
<p>30</p> <p>What is happening at the Routt County Animal Shelter.</p>	<p>1</p> <p>Beginning Bridge 1:00 Stmbt Bridge: S.R.</p>	<p>2</p> <p>Holiday Party 4:30 pm  Bingo: 12:30 S.R. Foot care: Haven</p>	<p>3</p>	<p>4</p> <p>Bingo 1:00 Stmbt 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 November 2015

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meat Loaf Scalloped Potatoes Mixed Veggies Cantaloupe Choc Chip Cookie	3 Chicken Chow Mein Fried Brown Rice Sesame Broccoli Wheat Roll Oranges Cookie	4 Chicken Chow Mein Fried Brown Rice Sesame Broccoli Wheat Roll Oranges	5 Sausage and Peppers Rice Pilaf Carrots Kidney Beans Italian Bread Snickerdoodle	6 Broccoli, Cheese and Rice Casserole Corn Tossed Salad Strawberry Rhubarb Pie
9 Sloppy Joes Baked Beans Macaroni Salad Banana Cupcake	10 Spinach Quiche Mixed Veggies Tossed Salad Wheat Roll Apple Cobbler	11 Chicken Enchilada Spanish Rice Corn Tossed Salad Strawberries	12 Chicken Enchilada Spanish Rice Corn Tossed Salad Strawberries	13 Italian Sausage and Cheese Ravioli Italian Veggies Kidney Beans Tossed Salad Banana Wheat Muffin
16 Vegetable Pasta Primavera Spinach Salad Wheat Roll Pineapple	17 Crab Cakes Brown Rice Mixed Veggies Spinach Salad Waldorf Salad Lemon Pudding	18 Pork Green Chili Smothered Burrito Brown Rice Squash Cantaloupe	19 Pork Green Chili Smothered Burrito Brown Rice Squash Cantaloupe	20 Meatball Sub Potatoes Tossed Salad Oranges Raspberry Sherbet
23 Split Pea Soup Crackers Chef Salad Grapes Peanut Butter Cookie	24 Roasted Turkey Mashed Potato Stuffing Green Bean Casserole Wheat Roll Pumpkin Pie	25 Roasted Turkey Mashed Potato Stuffing Green Bean Casserole Wheat Roll Pumpkin Pie	26 Happy Thanksgiving All Sites Closed	27 All Sites Closed
30 Squash Soup Turkey Sandwich Fruit Salad Chocolate Chip Cookie	1 Fish Sticks Scalloped Potatoes Broccoli Salad Wheat Roll Oranges	2 Roast Beef Mashed Potato Gravy Peas Texas Toast Fruit Parfait	3 Roast Beef Mashed Potato Gravy Peas Texas Toast Fruit Parfait	4 Veggie Chili Rice Spinach Biscuit Fruit

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