

# **NOVEMBER SENIOR SCOOP**

## **News and Views from the Council on Aging**



### **Board of Directors**

**Alice Klauzer**  
President  
**Pegi Simmerman**  
President Elect  
**Bill Kennedy**  
Treasurer  
**Pat Crawford**  
Secretary  
**Jim Brainard**  
**Ellen Kendall**  
**Tosia Sauter**  
**Chris Stillwell**  
**Ginny Winn**  
**Jeannie Wixon**  
**Vanessa Woodford**  
**Meg Tully**  
Executive Director

### **JOIN US IN A FAREWELL AND WELCOME PARTY**

**Monday, November 7th**  
**4:00pm-6:00pm**

We are sad to see some familiar faces retiring from our Board of Directors, and to see Jackie Brown go, but are delighted to welcome new board members and a new Executive Director, Meg Tully. Join us for light appetizers at the Steamboat Community Center to say farewell and welcome!

### **THANK YOU RCCOA DONORS!** **Donations Received September 2016**

Lavon Cheek  
Ohana  
Jack Sprengle  
Lynn and Alene Turner  
Tuesday Bridge



### **Staff**

**Toni Cratsley**  
Steamboat & Hayden  
Cook  
**Gil Fifield**  
Steamboat Driver  
**Chuck Girton**  
Hayden Driver  
**Don Livengood**  
Steamboat Kitchen Asst.  
**Wanda McNeal**  
Steamboat Kitchen Asst.  
**Ellyn Myller**  
Steamboat Driver  
**Cindy Porter**  
South Routt Cook  
**Dave Reid**  
South Routt Driver  
**April Sigman**  
Assistant Director  
**Meg Tully**  
Executive Director  
**Richard Vandecarr**  
Steamboat Driver  
**Rebecca Wattles**  
Hayden Driver  
**Charlotte Whaley**  
South Routt Kitchen Asst

**November 2016**

*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*

"Senior Caring Day" is just around the corner.  
Saturday, November 5th



**LIVE UNITED**

It's not too late to submit a request!

Routt County United Way and the Routt County Council on Aging are excited to introduce a new Senior Caring Group! This group of volunteers will be available to help seniors in and around their homes on a semi-regular basis.

If you have a need and would like to be connected with a volunteer contact April with the Routt County Council On Aging at 970.879.0633



**Tues., November 15, 4:00pm**  
**Steamboat Community Center**



*Pizza and a Movie*



**Calendar Girls (2003 Hit Comedy)** A Women's Institute chapter's fundraising effort for a local hospital by posing nude for a calendar becomes a media sensation. Suggested donation of \$3 for those 60 and better

## Upcoming Day Trips on the RCCOA Shuttle...

**Wednesday, November 2nd**  
**Silverthorne, CO**

We will leave the SS community center at 9:30am and return by 5:00pm

**Wednesday, December 7th**  
**Craig, Co**

We will leave the SS community center at 9:30am and return by 4pm

Suggested donation for those 60 and better is \$5.00. Contact April to reserve a seat. 879.0633



**RCCOA will be closed**  
**Thursday and Friday,**  
**November 24th and 25th**  
**for Thanksgiving. Frozen**  
**meals are available prior to**  
**the holiday**  
**weekend. Let**  
**April know if**  
**you are**  
**interested.**





## Got the Best Part D Rx Plan?

Medicare's Part D

**Annual Open Enrollment: October 15-December 7**, is the time to determine if the prescription drug plan you are on now is still the best plan for you. Plan deductibles and formularies can change and/or your medications may have changed since you enrolled in a Part D plan. The SHIP (State Health Insurance Assistance Program) volunteer counselor program can help. Open enrollment sessions are being held:

Northwest Colorado Health  
Conference Room

**November 2, 2016**                      **2:00 – 5:00**

Yampa Valley Medical Center  
Conference Room #2

**November 7, 2016**                      **4:00 – 7:00**

**November 10, 2016**                      **4:00 – 7:00**

**Appointments Requested**  
**Walk Ins Welcome**  
**970-819-6401**



## Come play bingo in Hayden!

Bingo at the Hayden  
Congregational Church

**Fri., November 4th, 11:00am**  
**Lunch to follow**  
**Win Prizes!!**

Free for those 60 and better.

## Save The Date...

**Wednesday, December 14<sup>th</sup>**  
**4:30-6:30pm**

**2016 Routt County Council on Aging**

**Holiday Party & Open House**

**Food, Drinks and Holiday Cheer!**

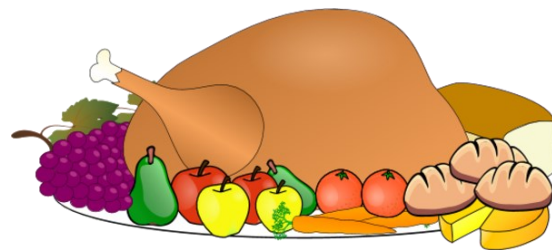
**Steamboat Springs Community Center**

**Please RSVP to April at 970.879.0633 x4**  
**or [april@rccoaging.org](mailto:april@rccoaging.org)**



## Share the Gift of Home Food Safety This Season

Enjoying food with family and friends is one of the highlights of the holiday season and frequently everyone wants to join in to help. The Academy of Nutrition and Dietetics offers 10 tips to avoid common kitchen blunders when preparing meals, buffets and even homemade food gifts this holiday season.



### Tips for Holiday Home Food Safety

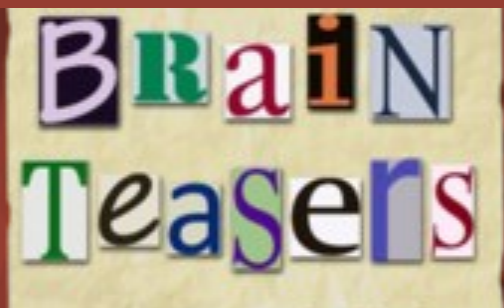
1. Wash hands before, during and after food preparation. Proper hand washing may eliminate a large percentage of food poisoning cases. Remember to wash hands when switching tasks, such as handling raw meat and then cutting vegetables.
2. Keep kitchen surfaces such as appliances, countertops, cutting boards and utensils clean throughout meal preparation with hot, soapy water.
3. Always use two cutting boards: one for raw meat, poultry and fish and the other for ready-to-eat foods, such as fruits and vegetables. Make it easy to remember by using color-coded cutting boards, one for raw meats and one for ready-to-eat foods.
4. Use separate spoons and forks to taste, stir and serve food.
5. Use a food thermometer. It is the only reliable way to determine the doneness of your food and ensure that food is cooked to proper temperatures. (Do not rely on "clear juices" to tell that the turkey is done.)
6. Refrigerate food within two hours of being served to prevent the growth of harmful bacteria that can lead to food poisoning. This is especially important when serving buffets.
7. Use a refrigerator thermometer and make sure it's set at below 40°F.
8. Never allow foods to defrost at room temperature, on the counter or in warm water. Defrost food only in the refrigerator or in the microwave. When defrosting food in the refrigerator, remember to cover raw meat and place it on the bottom shelf so juices won't drip onto other foods.

Source <http://www.eatright.org/>

**Do you love watching the Food Network or cooking shows? Come see our very own cooking demo with Ellyn Myller and learn how to prepare an easy meal on a budget!**

**Thursday, November 10th 1:00pm  
Steamboat Springs Community Center**





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!”**

What begins with T, ends with t and has T in it?

The more you take, the more you leave behind. What am I?

Feed me and I live, yet give me a drink and I die. What am I?

What can travel around the world while staying in a corner?

I’m tall when I’m young, I’m short when I’m old. What am I?

? ? ? ? ? ? ? ? ? ? ? ? ? ? ?

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

Thank you Tanna Brock, Ralph Gourley, and Jim O’Connor for helping with bridge, Mary Monger and Jane Romberg for helping in the kitchen, and Chris Stillwell for helping with bingo.

### Meals on Wheels Delivery Drivers

Sandy Berger  
Tanna Brock  
Marion Gibson

Vi Look  
Tosia Sauter  
Tom Swissler

### October Speakers

Pedro Amarfil and Susan Ring  
Routt County Political Candidates

## Happy November Birthdays!

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 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



"Like" us on Facebook



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 2016 our core nutrition and transportation programs are seeing more people every day. In our Steamboat dining room alone, we are serving an average of 35 seniors each day. That is a 30% increase in one year!

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



## AGING WELL

November 2016

### STEAMBOAT

#### Intro. to Movement & Exercise

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

Wednesdays, 2:30 - 3:30 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, 9:45-10:30 am  
SS Community Center

#### Advanced Tai Chi for Health

Tuesdays, 10:45-11:30 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

Mt. View Manor 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 Apartments: 2:30 - 4 pm  
4th Wednesday of month

### OAK CREEK

South Routt Community Center: 10:30 am - 12:00  
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.**

## 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 Tues. of the month (\$20 donation appreciated)

Northwest Colorado Health: 8:15 am - 12:45 pm  
4th Tues. of month

### OAK CREEK

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

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



# NOVEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs:       

South Routt:       

Hayden:       

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Halloween Party Bridge 1:00 Stmbt	1 Beginning Bridge 1:00 Stmbt Bridge: S.R.	2 Shuttle to Silverthorne Bingo: 12:30 S.R. Foot care: Haven	3	4 Bingo 1:00 Stmbt Bridge 1:00 Stmbt Bingo Hayden Congregational Church
7 Travel with Linda Litteral Bridge 1:00 Stmbt Farewell and Welcome Reception 4:00 Stmbt	8 Foot care: Stmbt Beginning Bridge 1:00 Stmbt	9 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	10 Easy meal prep on a Budget Demo 1:00	11 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
14 Sureva Towler, author of "Boys at the Bar" Bridge 1:00 Stmbt Foot Care: S.R.	15 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Pizza and Movie Stmbt 4:00pm Bridge: S.R.	16 Bingo 12:30 S.R. Sorrocchio Preschool joining Foot care: Haven	17 Duplicate Bridge Stmbt 9:00-4:00	18 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
21 Catherine Swan will share information to keep your loved ones safe and give you peace of mind Bridge 1:00 Stmbt Wellness Clinic: S.R.	22 Beginning Bridge 1:00 Stmbt	23 Bingo 12:30 S.R. Foot care & Wellness Clinic:	24 Thanksgiving Day All Sites Closed 	25 All Sites Closed
28 TBD Bridge 1:00 Stmbt	29 Beginning Bridge 1:00 Stmbt Bridge: S.R.	30 Bingo: 12:30 S.R. Foot care: Haven	1	2 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 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 2016

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Pork Carnitas Spanish Rice Green Beans Coleslaw Kiwi	1 Spaghetti and Meatballs Green Beans Tossed Salad Garlic Bread Banana Cookie	2 Spaghetti and Meatballs Green Beans Tossed Salad Garlic Bread Banana Cookie	3 Vegetable Soup Egg Salad Sandwich Waldorf Salad Cottage Cheese Fruit	4 Chicken and Rice Broccoli Carrot Salad Wheat Roll Pudding
7 Chicken Enchilada Spanish Rice Corn Tossed Salad Apple Cobbler	8 Breaded Pork Chop Mash W Gravy Coleslaw Bread Strawberries	9 Breaded Pork Chop Mash W Gravy Coleslaw Bread Strawberries	10 Squash Soup Turkey Sandwich Fruit Salad Chocolate Chip Cookie	11 Salisbury Steak Mashed Potatoes Gravy Tossed Salad Banana
14 Broccoli Rice Casserole Corn Tossed Salad Strawberry/Rhubarb Crisp	15 Meatloaf Scalloped Potato Veggies Cantaloupe Chocolate Chip Cookie	16 Meatloaf Scalloped Potato Veggies Cantaloupe Chocolate Chip Cookie	17 Salmon Cakes Green Beans Grits Wheat Roll Fruit Ice Cream	18 Chicken and Dumplings Peas Tossed Salad Orange Oatmeal Cookie
21 Meatball Sub Potatoes Tossed Salad Raspberry Sherbet	22 Turkey Mashed Potatoes Gravy Stuffing Green Bean Wheat Roll Pumpkin Pie	23 Turkey Mashed Potatoes Gravy Stuffing Green Bean Wheat Roll Pumpkin Pie	24  All Sites Closed	25 All Sites Closed
28 Tuna Melt French Fries Peas Grapes Cookie	29 Lamb Biscuit Tossed Salad Ambrosia Salad	30 Lamb Biscuit Tossed Salad Ambrosia Salad	1 Baked Potato Broccoli and Cheese Wheat Roll Apple Cottage Cheese	2 Open Faced Turkey Sandwich Mashed Potatoes Gravy Green Beans Apple Pastry Ice Cream

**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:

**South Routt/** South Routt Community Center      **Steamboat Springs/** Steamboat Springs Community Center