

NOVEMBER SENIOR SCOOP

News and Views from the Council on Aging



THANK YOU RCCOA DONORS! Donations Received September 2017

Mike Bird
Don and Connie Livengood
Bud and Jane Romberg in memory
of Keith Spencer
Susan Rossi in memory
of Charles Norris
Meg Tully in memory of Joe Tully
Tuesday Bridge
Xcel Energy Foundation

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November 2017



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Toni Cratsley
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Gil Fifield
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Chuck Girton
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Don Livengood
Steamboat Kitchen Asst.

Ellyn Myller
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Cindy Porter
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Dave Reid
South Routt Driver

April Sigman
Assistant Director

Meg Tully
Executive Director

Rebecca Wattles
Hayden Driver

Charlotte Whaley
South Routt Kitchen Asst

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

LOOKING FOR BRIDGE PLAYERS

Friendly Duplicate Bridge every 3rd Thursday of every month.

9:30 am - 2:30(ish) pm at the Steamboat Community Center

Contact Penny Deihl at 970.871.1750 or Katie Fletcher at 970.879.0196 by the Sunday before play to sign up. \$8.00 includes coffee, snacks and lunch.



RIDDLES:

How do you make the number one disappear?

What starts with "P" ends with "E" and has more than 1000 letters?



RCCOA will be **closed**
Thursday and Friday,
November 23th and 24th
for Thanksgiving. Frozen
meals are available prior to
the holiday
weekend. Let
April know if
you are
interested.



"Like" us on Facebook

Upcoming Day Trips on the RCCOA Shuttle...

Wednesday, November 29th
Silverthorne, CO

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

Wednesday, December 20th
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





**Help us decorate a Christmas Tree at the
Tread of Pioneers Museum for the
23rd Annual Festival of Trees.**

Wednesday, Nov. 8th 2-4pm

Our theme for the tree is "All Creatures Great and Small." We would love to feature your animal ornament or have you make an animal themed ornament to share. See April for more details about ornaments or help decorating.



After all the lights have been strung and the ornaments hung, we will take a trip to see the Festival of Trees. Join us Thursday, November 16th. We will leave the Community Center at 1:40pm and enjoy the 2:00pm Tea in the Trees.

Senior Tea in the Trees

**Thursday, Nov. 16
2:00pm & 3:00pm**

Don't miss this very special event for seniors during the 23rd Annual Festival of Trees. Come to the Tread of Pioneers Museum to enjoy refreshments and live music while mingling in the beautifully decorated trees. Don't miss the fun! No RSVP required.

800 Oak St. | treadofpioneers.org | 970.879.2214

Save The Date...

**Wednesday, December 6th
4:00-6:00pm**



2017 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**

EAT RIGHT when MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

Shop SMARTER!

DURING Shopping

- Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- Try store brands.** They are the same quality and cost less.
- Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money.
- Check "sell by" or "use by" dates.** Buy the freshest food possible.



BEFORE Shopping

- Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- Use store circulars and look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- For added savings, sign up for the store discount card** or bonus card at your local supermarket.

AFTER Shopping

- Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- **Use foods** with the earliest expiration dates first.

PLAN AHEAD

- Plan to prepare and eat foods you already have at home first.**
- Know how much money you have to spend on food.**
- Make a shopping list based on the money you have to spend and what foods you will need.**
- Buy only the amount of food you can use before it spoils.** Remember, frozen, canned, or shelf-stable foods last longer!

Did You Know? USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families

Call: 1-800-221-5689

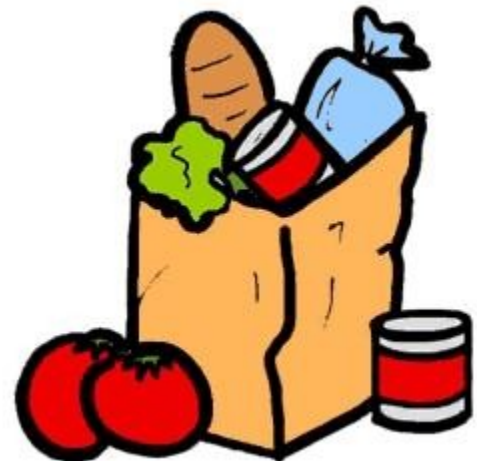
Visit: <http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>

The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people

Visit: <http://www.fns.usda.gov/tefap/eligibility-and-how-apply>

U.S. Department of Agriculture | Food and Nutrition Service



Harvey Simonsen is our featured Senior of the Month!!

"I will turn 99 on April 11th, but that's not a big deal. I plan to live to 113! The secret to a long life is green tea and exercise." I have always loved talking with Harvey and hearing his stories. He was eager to be our featured senior this month. I am honored to share a birth date (not the same year) with such a fine man! James Harvey Simonsen was born and raised in Queens, New York, but we won't hold that against him, he's a Routt County local now.



Harvey put his education on hold and joined the Army during World War II. Despite a war going on, he was very fortunate and enjoyed being stationed in Hawaii. "I had a lot of fun there. They took care of us well and fed us well. I loved to swim everyday and play volleyball." Harvey went on to complete his law degree at Harvard after the war and successfully practiced maritime law. His legal cases took him to every country in the world except for Nepal. Harvey speaks fondly of traveling with Dot, his first wife, during his successful law career. He reminisces about the Island of Malta being the "most fascinating place to travel to and work from."

Dot, "the world's best cook," passed away in her 40's after battling cancer, and years later, Harvey met and married "a wonderful pianist, who was a widow herself, with 3 children," Dorothea. "I had to find another Dorothy so I wouldn't mix her name up," Harvey chuckles in his lighthearted fashion. Two of Dorothea's grown children live in Routt County, and they are what brought Harvey and his wife to Steamboat. "I didn't have my own children, but I am so blessed that God gave me Dorothea and the family that came along with her. My wife is not well, but Kristi, Bill and Jeanne are a life saver. I even have beautiful grandkids!" Thank you for sharing Harvey! We are also blessed to have you in the RCCOA family.

~by April Sigman

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	Mary Monger
Lavon Cheek	Jim O'Conner
Maybelle Chotvac	Terri Reeves
Michael Kenny	Chris Stillwell

October Speakers

Betsy Packer
Holy Name Pre School



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 \$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 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



ROUTT COUNTY
COUNCIL ON AGING



Starting on November 1, you can schedule your Colorado Gives Day donations in advance at www.ColoradoGives.org. See April or Meg if you need assistance online.

Community First Foundation and FirstBank are presenting Colorado Gives Day on Tuesday, December 5, 2017. This annual statewide movement celebrates and increases philanthropy in Colorado through online giving. The \$1 Million Incentive Fund created by the partners is one of the largest giving-day incentive funds in the country.

When: 24 hours starting at 12 a.m. on Tuesday, December 5, 2017

How: Donate online at ColoradoGives.org

Why: To strengthen the state's nonprofits through online giving.



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. 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

FITNESS CLASSES

THERE IS A \$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED. NO ONE IS TURNED AWAY DUE TO INABILITY TO PAY.

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

Beginning Tai Chi for Arthritis

Tues, 9:15 - 10:15 am
Stmbt. Community Center
Last day of class is Nov. 7

Advanced Tai Chi for Health

Tues, 10:30 - 11:30 am
Stmbt. Community Center

Tai Chi for Arthritis

Mondays, 10:30 - 11:30 am
SR Community Center
Last day of class is Nov. 13

Movement & Exercise

Mondays, 9:30 - 10:30 am
Yampa Town Hall

Movement & Exercise

Wednesdays, 10:45 - 11:45 am
SR Community Center

Movement & Exercise

Thursdays, 10:00 - 11:00 am
The Haven Assisted Living
Center in Hayden

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. New Contact number
970-734-7998
\$20 per visit. No one is turned away due to
inability to pay.

STEAMBOAT SPRINGS

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

Northwest Colorado Health: 1:00—4:00 pm
2nd Fri. of the month

Northwest Colorado Health: 1:00—4:00 pm
4th Fri. of the month

OAK CREEK

South Routt Medial Center: 9 am - 4 pm
1st Fri. of the month

Oak Creek Senior Apartments: By appointment

HAYDEN

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

NOVEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Halloween Party with Holy Name Preschool Bridge 1:00 Stmbt	31 Beginning Bridge 1:00 Stmbt Bridge: S.R.	1 Bingo: 12:30 S.R. Foot care: Haven	2	3 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
6 "If You Shoot, Shoot To Kill: An FBI Agent's Unusual Career" by Corbett Hart Bridge 1:00 Stmbt	7 Beginning Bridge 1:00 Stmbt	8 Decorate at the Festival of Trees Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	9	10 Foot care: Stmbt Bingo 1:00 Stmbt Bridge 1:00 Stmbt
13 Suzie Romig will share about the Yampa Valley Sustainability Council CARE projects Bridge 1:00 Stmbt	14 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	15 Bingo 12:30 S.R. Foot care: Haven	16 Duplicate Bridge Stmbt 9:00-4:00 Tea in The Trees 2:00 pm	17 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
20 Bridge 1:00 Stmbt Wellness Clinic: S.R.	21 Beginning Bridge 1:00 Stmbt	22 Bingo 12:30 S.R. Foot care & Wellness Clinic:	23 Thanksgiving Day All Sites Closed 	24 All Sites Closed
27 Bridge 1:00 Stmbt	28 Beginning Bridge 1:00 Stmbt Bridge: S.R.	29 Shuttle to Silverthorne Bingo: 12:30 S.R. Foot care: Haven	30	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 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 2017

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Sloppy Joe Sweet Potato Fries Spinach Salad Cup Cake	31 Ghooo-lash Peas and Carrots Wheat Roll Waldorf Salad Happy Halloween	1 Chicken Cordon Bleu Rice Pilaf Asparagus Tossed Salad Wheat Roll Apricots	2 Chicken Cordon Bleu Rice Pilaf Asparagus Tossed Salad Wheat Roll Apricots	3 Cabbage Sauté Pinto Beans Peas Tossed Salad Strawberries and Cream
6 Chicken and Dumplings Peas Tossed Salad Orange Oatmeal Cookie	7 Broccoli and Cheese Casserole Peas and Carrots Tossed Salad Wheat Roll Pineapple Peanut Butter Cookie	8 Pork Ribs Onion Rings Mixed Veggies Coleslaw Wheat Roll Chocolate Chip Cookie	9 Pork Ribs Onion Rings Mixed Veggies Coleslaw Wheat Roll Chocolate Chip Cookie	10 Salisbury Steak Mashed Potato with Gravy Green Beans Tossed Salad Banana
13 Chicken and Rice Broccoli Carrot Salad Tossed Salad Wheat Roll Pudding	14 Salmon Rice Pilaf Tossed Salad Cheesecake	15 Salmon Rice Pilaf Tossed Salad Cheesecake	16 Spaghetti and Meatballs Green Beans Tossed Salad Garlic Bread Banana Peanut Butter Cookie	17 Ham and Beans Carrot Raisin Salad Tossed Salad Brownie OJ
20 Taco Salad Tortilla Chips Pinto Beans Brownie OJ	21 Turkey Mashed Potato Stuffing Green Bean Casserole Wheat Roll Orange Pumpkin Pie	22 Turkey Mashed Potato Stuffing Green Bean Casserole Wheat Roll Orange Pumpkin Pie	23  All Sites Closed	24 All Sites Closed
27 Tuna Casserole Mixed Veggie Tossed Salad Jello OJ	28 Squash Soup Turkey Sandwich Fruit Salad Tossed Salad Chocolate Chip Cookie	29 Squash Soup Turkey Sandwich Fruit Salad Tossed Salad Chocolate Chip Cookie	30 Meatball Sub Potatoes Tossed Salad Raspberry Sherbet	1 Pork Chow Mein Lo Mein Noodles Sesame Broccoli Wheat Roll Mandarin Oranges Nut and Raisin Cup

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

Hayden/American Legion Hall

Steamboat Springs/ Steamboat Springs Community Center