

NOVEMBER *SENIOR SCOOP*

News and Views from the Council on Aging



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Who Says There's No Such Thing as a Free Lunch?

One of the things I love about Routt County Council on Aging's services is that no one age 60 or older is ever turned away because they can't afford to pay for lunch. The same goes for our other services, such as rides to doctor's appointments, grocery shopping and other errands. Living in paradise comes at a price, and Routt County is a very expensive place to call home. We are happy that we can help our friends.

As the county's senior population grows, the number of seniors we are serving is growing too. Our ability to accommodate everyone hinges on funding that we receive from the Older Americans Act, national and state foundations, local government and organizational granting entities and community donations. From 2012 to 2018, RCCOA experienced an unanticipated 27% cut in local grant funding at a time when the county's senior population is growing faster than any other place in the nation. That's why your support is more important than ever before.

Continued on page 2.

November 2018

Staff

April Sigman
Assistant Director

Chris Becea
Steamboat Kitchen Asst.

Toni Cratsley
Steamboat & Hayden
Cook

Gil Fifield
Steamboat Driver

Chuck Girton
Hayden Driver

James Graham
Steamboat Driver

Don Livengood
Steamboat Kitchen Asst.

Ellyn Myller
Steamboat Driver

Cindy Porter
South Routt Cook

Dave Reid
South Routt Driver

Rebecca Wattles
Hayden Driver

Charlotte Whaley
South Routt Kitchen Asst.



REACHING HIGH

Do You Need Help Around the House?

We have heard from some of you that you could use help with things like changing light bulbs, moving things to lower shelves, replacing smoke detector batteries - basically, tasks that involve reaching high. We want to help you be safe in your home and will set aside one day each month to come to your home. Let us know what you need help with and we will make arrangements to get it done. Tasks should be fairly light in nature and should not take more than an hour to complete.

Our first "Reaching High" Day will be Wednesday, November 7th.

Contact April with questions or requests.
970.879.0633

Free Lunch, from pg. 1

As Colorado Gives Day approaches on December 4, please keep RCCOA in mind. Last year, we raised more than \$9000 in a single day! Please help us achieve even greater results this year.

\$50 Goes A Long Way!

\$50 does so much at RCCOA. It can pay for a healthy, hot lunch for a senior for an entire month. It can ensure that a senior receives 16 fresh, hot, home-delivered meals on wheels entrees. It can facilitate 25 trips for a senior to go to the bank or a doctor's appointment. If \$50 can do all that, think what \$100, \$500 or even \$1000 can do!

We are thankful for your generous support. Our seniors depend on it.

Warmly,

Executive Director



Are You On Medicare?

Time to look at your Medicare Part D Prescription Drug Plan and see if you are on the most affordable plan for 2019.

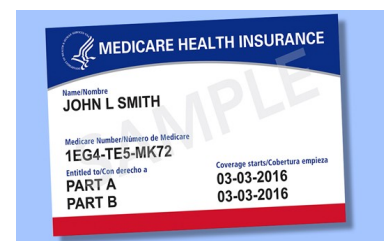
Enrollment Period is October 15 - December 7

Reserve your **FREE** Individual appointment with a Northwest Colorado Medicare SHIP certified counselor. Schedule an appointment:

970-819-6401

November 1, 8, 15, or 29th 9:00am - 4:00pm 1041 Lincoln Ave Suite 250

New Medicare Card





*Senior Tea in
the Trees*

**Tuesday, Nov. 20
2:00pm & 3:00pm**

Don't miss this very special event for seniors during the 24th 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

*Tread
of Pioneers*
MUSEUM



Shopping and Lunch at the Silverthorne Outlet Stores Wed., November 14th 9:00 am - 5:00 pm

Join us for shopping and lunch. Space is limited.

Suggested donation of \$5 for those 60 and better.

Lunch is not included. Weather Permitting. Please RSVP to April at least 48 hours in advance. 970-879-0633



Save The Date...

Monday, December 10th

11:30 am - 1:30 pm

Steamboat Springs Community Center

**Routt County Council on Aging
Holiday Party**

**Food, Friendship
and Holiday Cheer!**

Please RSVP to April at 970.879.0633 x4

or april@rccoaging.org

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

**Meals on Wheels
Delivery Drivers**

**Ashley Demos
Julie Lind
Tosia Sauter
Susan Scott
Tom Swissler**

Other Volunteer Efforts

**Tanna Brock
Michelle Castleman
Michael Kenney
Clint Koler**

**Mary Monger
Terri Reeves
Sharon Smith
Chris Stillwell**

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



Julie Alkema
All Valley Enterprise
Charlotte Allen
Gary Anderson
Anonymous
Joe and Lynne Bier
Bridge With Elaine
Bridging the Gap
City of Steamboat Springs
City Market
Ethelyn Foreman
Rebecca Hammond
Vi Look
Karen O'Connor



Molly and Louis Raphael in Memory of
Bruce Lindahl
Rise Steamboat
Gardner Robinson
Rocky Mountain Health Foundation
Routt County
Sharon Smith
John Sprengle
Patricia Woodcock in Memory of
James Woodcock

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!



30 Days of Gratitude



As the holidays approach and the season grows colder, I've started to think of November as a season of gratitude and mindfulness. Research shows that keeping a journal is beneficial for depression, anxiety and stress management. Stream of consciousness writing brings out thoughts and ideas you never knew you had, and loosens up your expressive muscles.

"Writing in a journal reminds you of your goals and of your learning in life. It offers a place where you can hold a deliberate, thoughtful conversation with yourself."

– Robin S. Sharma

What is Effective Journaling?

Effective journaling is a practice that helps you meet your goals or improves your quality of life. This can look different for each and every person, and the outcomes can vary widely, but they are almost always very positive.

Journaling can be effective for many different reasons and can help you reach a wide range of goals. It can help you clear your head, make important connections between thoughts, feelings, and behaviors, and even buffer or reduce the effects of mental illness!

How Can We Use Writing to Increase Mental Health?

"Whether you're keeping a journal or writing as a meditation, it's the same thing. What's important is you're having a relationship with your mind." – Natalie Goldberg

It turns out that this simple practice can do quite a bit, especially for those struggling with mental illness or striving towards more positive mental health.

Overall, journaling/expressive writing has been found to:

- Boost your mood
- Enhance your sense of well-being
- Reduce symptoms of depression
- Improve your working memory

(Baikie & Wilhelm, 2005)

There is a lot of evidence out there on the outcomes of journal writing therapy, and overall this evidence points to its effectiveness in helping people identify and accept their emotions, manage their stress, and ease the symptoms of mental illness. It has even been shown to impact physical well-being; avid journal writer and journalist Michael Grothaus notes that there are studies suggesting journaling can strengthen the immune system, drop blood pressure, help you sleep better, and generally keep you healthier (2015).

This month I would like to challenge you to start a journal. This can be as simple as writing down what you are grateful for every day. I invite you to join me in "30 days of gratitude". I'll start. Today I am grateful to have wonderful friendships within our RCCOA community! I value each of you, and am blessed by what you share with me. Thank you!!

April Sigman

reference:

<https://positivepsychologyprogram.com>

AGING WELL

November 2018

FITNESS CLASSES

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

Please note: There will be no classes the week of Nov. 19

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

South Routt

Tai Chi for Arthritis
Mondays, 10:45 - 11:45 am
Last Day Nov. 12
SR Community Center

Movement & Exercise
Mondays, 10:45 - 11:45 am
Starts Nov. 26
SR Community Center

Movement & Exercise
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

Please Note: There will be no senior wellness or foot care clinics the week of Nov. 19th.

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

\$20 per appt. unless otherwise noted. No one is turned away due to inability to pay.

Steamboat Community Center: Please call 970-870-4146 for appointment. (\$20 donation)

Northwest Colorado Health: Please call 970-870-4146 for appointment.

Haven Assisted Living: Please call 970-871-7676 for appointment.

South Routt Medical Center: Please call 970-734-7998 for appointment.

SUPPORT OUR SENIORS



Your Donation Goes Further on Colorado Gives Day!

Please give where you live and support us on Colorado Gives Day, Tuesday, December 4! This 24-hour movement is a chance to increase the value of your donation, thanks to the \$1 Million Incentive Fund. Created by Community First Foundation and FirstBank, the fund increases the value of every dollar donated proportionally.

Last year RCCOA received \$9078 during the 24 hour period of CO Gives Day!! Help us reach or exceed that amount this year.

Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 2,300 nonprofits. *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.*



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: _____

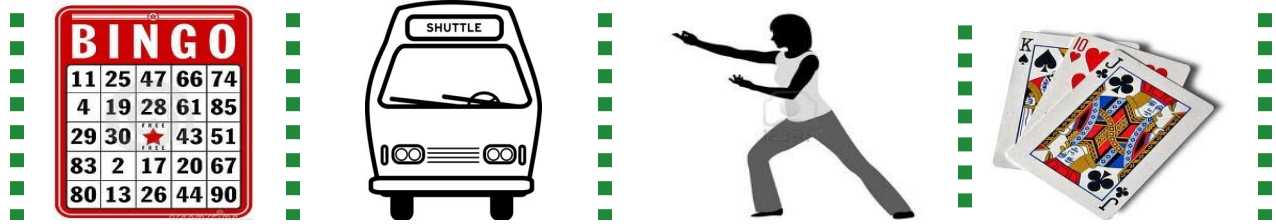
Phone Number: _____

Gift Amount: _____

THANK YOU!

We happily accept cash or checks payable to RCCOA or donate online www.rccoaging.org

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 \$10.00. 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 \$10.00. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance.

We deliver 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 in city limits or \$3 per trip outside of city limits. 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 by request. For an appointment please call 970-879-0633 xt 4.

NOVEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Pumpkin Decorating Bridge 1:00 Stmbt	30 Bridge 1:00 Stmbt Pumpkin Decorating	31 Bingo: 12:30 S.R. Pumpkin Decorating	1 A Matter of Balance 1:00 Stmbt	2 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
5 Movie and Popcorn "Book Club" Bridge 1:00 Stmbt	6 Bridge 1:00 Stmbt Bridge: S.R.	7 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven "Reaching High"	8 A Matter of Balance 1:00 Stmbt	9 Bingo 1:00 Stmbt Bridge 1:00 Stmbt Lunch and Bingo Hayden Cong. Church 11-1
12 "Lift Up" Tour Bridge 1:00 Stmbt	13 Bridge 1:00 Stmbt	14 Bingo 12:30 S.R. Foot care: Haven Shuttle to Silverthorne	15 A Matter of Balance 1:00 Stmbt Duplicate Bridge 1:00 Stmbt	16 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
19 TBD Bridge 1:00 Stmbt Wellness Clinic: S.R.	20 Bridge 1:00 Stmbt Senior Tea in The Trees Bridge: S.R.	21 Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	22 Happy Thanksgiving! All Sites Closed.	23 All Sites Closed.
26 "HERstory" with Marianne Capra Bridge 1:00 Stmbt Wellness Clinic: S.R.	27 Wellness Clinic: Stmbt Bridge 1:00 Stmbt	28 Bingo: 12:30 S.R.	29 A Matter of Balance 1:00 Stmbt	30 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.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Parmesan Noodles Italian Veggies Garlic Bread Caprese Salad Banana Split	30 Squash Soup Roast Beef Sandwich Tossed Salad Fruit Parfait	31 Flank Steak Mashed Potatoes Green Beans Tossed Salad Apple Pie Ice Cream	1 Flank Steak Mashed Potatoes Green Beans Tossed Salad Apple Pie Ice Cream	2 Ham and Beans Broccoli Cornbread Tossed Salad Mandarin Oranges
5 Veggie Pot Pie Biscuit Spinach Salad Fruit Cup	6 Meatloaf Mashed Potatoes Green Beans Wheat Roll Caesar Salad Chocolate Cake	7 Meatloaf Mashed Potatoes Green Beans Wheat Roll Caesar Salad Chocolate Cake	8 BLT Clam Chowder Spinach Salad Apple Pie	9 Stuffed Cabbage Roasted Potatoes Beet Salad Berry Pie
12 Cheeseburger Peas Coleslaw Spinach Salad Pears	13 Tuna, Avocado Tostado South West Salad Mango Banana	14 Pork Roast Mashed Potatoes Corn Wheat Roll Tossed Salad Sherbet	15 Pork Roast Mashed Potatoes Corn Wheat Roll Tossed Salad Sherbet	16 Stew Biscuit Tossed Salad Ambrosia Salad
19 Stir Fry Fried Rice Asian Broccoli Salad Mandarin Oranges Fortune Cookie	20 Turkey Stuffing Mashed Potatoes Green Bean Casserole Wheat Roll Tossed Salad Pumpkin Pie	21 Turkey Stuffing Mashed Potatoes Green Bean Casserole Wheat Roll Tossed Salad Pumpkin Pie	22 Thanksgiving Day All Sites Closed 	23 All Sites Closed
26 Curry Chicken Rice Green Beans Salad Lemon Crème Pie	27 Fish Tacos Black Beans Broccoli Salad Mango, Banana Ice Cream	28 Pork Chops Bean Casserole Wheat Roll Tossed Salad Orange Blueberry Cobbler	29 Pork Chops Bean Casserole Wheat Roll Tossed Salad Orange Blueberry Cobbler	30 Turkey Sandwich Mashed Potatoes Tossed Salad Pear Peanut Butter Cookie