

# OCTOBER SENIOR SCOOP

## News and Views from the Council on Aging

### October 2015

#### Staff

**Jackie Brown**

Executive Director

**Toni Cratsley**

Steamboat & Hayden Cook

**Gil Fifield**

Steamboat Driver

**Lindsay Giessinger**

Hayden Driver

**Don Livengood**

Steamboat Asst.

**Ellyn Myller**

Steamboat Driver

**Cindy Porter**

South Routt Cook

**Rex Randall**

Steamboat Kitchen Asst.

**Dave Reid**

South Routt Driver

**April Sigman**

Program Coordinator

**Richard Vandecarr**

Steamboat Driver

**Rebecca Wattles**

Hayden Driver

**Charlotte Whaley**

South Routt Kitchen Asst

**Ginny Winn**

Hayden Driver

**THANK YOU  
RCCOA DONORS!**  
Donations Received  
August 2015

**Michelle House  
Betty Kemry  
Kroger  
Pegi Simmerman**



#### Meals on Wheels Volunteers

**Sandy Berger  
Tanna Brock  
Marion Gibson**

**Tosia Sauter  
Tom Swissler**

#### September Speakers

**Major Louis Prentiss  
Dr. Grace Calihan, ND, Lac  
Becky Hicks**



#### Thank you

**Chris Stillwell for your time spent with  
Bingo.**

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

**Mary Monger for helping with lunch  
clean up.**



**ROUTT COUNTY  
COUNCIL ON AGING**

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**Pegi Simmerman**

**Tom Swissler**

**Vanessa Woodford**

**Jeannie Wixon**

*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*



## Happy Halloween

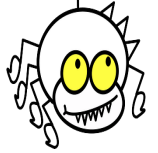
**Let your creative juices flow,  
feel like a kid again!**

Costumes encouraged! Pumpkin  
Decorating! (pumpkins and  
supplies provided)

Mon, Oct. 26, Steamboat  
Community Center 12:30

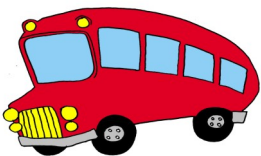
Wed., Oct. 28, Oak Creek  
Community Center 12:30

Thurs., Oct. 29, Hayden American  
Legion Building 12:30



**Mahjong Mondays have  
begun! 1:00-4:00 pm.  
Contact April if you are  
interested.**

**970-879-0633 xt. 4**



## Don't miss the bus!

The RCCOA Shuttle will be going  
from Steamboat to Craig, CO on  
**Wednesday, October 7th.**

10:00 am-4:00 pm. Join us for shopping, lunch, or  
any other errands you need in Craig. Suggested  
donation of \$4 for those 60+. For reservations  
call 970-879-0633.

**To subscribe to our  
monthly newsletter or  
see a calendar of  
events, please visit  
[www.rccoaging.org](http://www.rccoaging.org)**



**“Like” us on Facebook**

**Pizza and a Movie will  
rotate between each  
meal site. Stay tuned for  
the movie near you...**

**Maleficent** - starring  
Angelina Jolie

Tues., October 6, 4:00pm

Oak Creek Community Center

**Casablanca** - starring  
Humphrey Bogart and Ingrid  
Bergman

Wed., November 18, 4:00pm

Steamboat Community Center

## Improve your balance, Reduce your risk of falling.

Statistics are staggering, with 40 million people over the age of 65 falling each year. 30% of those falls lead to serious injuries such as fractures or closed head injuries and of those falls, 70% are female.

Loss of balance or coordination is often the cause of an unexpected fall, no matter what the age, but it is more prevalent with the aging senior. As we age, strength, balance and coordination all decrease, but fortunately the body is built to improve with repetition and training. Often times there are various options to help one decrease the chance of falls. It could be as simple as training the body safely with some guidance, either through balance/exercise classes or by personal instruction from a qualified professional.

Please help yourself and others to be aware of a potential fall and have a safe and active autumn. As winter is right around the corner, bringing ice and snow, prepare yourself with sufficient strength and coordination to enjoy the beautiful winter here in Steamboat.

Stephanie Loomis, PT, is the newest addition to the VNA's qualified exercise instructors. She holds a certification from The American Institute of Balance. She has been the sole owner of Steamboat Spine and Sports PT since 1993. For the past fifteen years, she has been treating dizziness and balance problems, and she has a Falls/ Risk program in her clinic for seniors. Stephanie will share a presentation on the cause of balance and dizziness disorders, and how to manage them on October 12th, 12:30pm at the Steamboat Springs Community Center. She is also the new instructor for the Movement and Exercise class at the Steamboat Community Center on Thursdays from 10:30-11:30am.



**Flu Season is around the corner, boost your immune system with these foods:**

1. **Yogurt** - Probiotics, or the "live active cultures" found in yogurt, are healthy bacteria that keep the gut and intestinal tract free of disease-causing germs.
2. **Oats and Barley** - These grains contain beta-glucan, a type of fiber with antimicrobial and antioxidant capabilities more potent than Echinacea.
3. **Garlic** - This potent onion relative contains the active ingredient allicin, which fights infection and bacteria.
4. **Tea** - The amino acid that's responsible for this immune boost, L-theanine, is abundant in both black and green tea.
5. **Chicken Soup** - The amino acid cysteine, released from chicken during cooking, chemically resembles the bronchitis drug acetylcysteine. The soup's salty broth keeps mucus thin the same way cough medicines do.



Northwest Colorado  
Visiting Nurse Association

Public Health

### Drop in Flu/Pneumonia Shot Clinic Adults October 12, 2015

11:00 am - 12:30 pm  
Steamboat Springs  
Community Center



**There are new pneumonia immunization recommendations for seniors. Bring your immunization record if you are unsure of what you need.**

Please bring your Medicare or other insurance card. Cash or check accepted.

**For more information, call (970) 879-1632**



## Happy October Birthdays!

10-2 Bud Romberg	10-16 Bill Cousins Sarah Smith
10-3 Jean Alperti Carl Vail	10-22 Renee Mueller
10-5 Bob Grover	10-27 Lucille Mitchell
10-6 Evelyn Powell	10-29 Ralph Gourley
10-12 Bill Padgett	10-30 Dorothy Nordstrom
10-14 Jack Sprengle	



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.

**We had so much fun on the September Foliage tour. The trip to Hahns Peak Village and the Clark Store were great! Thanks to everyone for joining and to Dave and Ellyn, our trusty drivers.**

## Halloween Sudoku

	I				M
	Z				I
E				Z	
	B				Z
I			Z	M	
Z				I	



Fill in the grids so that each column, row and box contain one letter from the word ZOMBIE.



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!"** (Our monthly winners will be drawn from all submitted correct answers.)

# 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.

## 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

#### **Advanced Movement & Exercise**

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

**New instructor: Stephanie Loomis, PT**

#### **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.



# OCTOBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28</p> <p>Becky Hicks will share "Hahns Peak: Boom to Bust"</p> <p>Mahjong 1:00</p>	<p>29</p> <p>Candidate Forum City Council Districts 2&amp;3, 12:30 Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>30</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>1</p>	<p>2</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p>
<p>5</p> <p>VNA Senior Services offered, by Jennifer Mattern, Community Health Coordinator</p> <p>Mahjong 1:00 Stmbt</p>	<p>6</p> <p>Foot care: Stmbt Candidate Forum School Board Candidates 12:30 Beginning Bridge 1:00 Stmbt Pizza and Movie 4:00pm S.R.</p>	<p>7</p> <p>Shuttle Steamboat to Craig</p> <p>Bingo 12:30 S.R.</p> <p>Foot care &amp; Wellness Clinic: Haven</p>	<p>8</p>	<p>9</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p> 
<p>12</p> <p>Flu and Pneumonia Shot Clinic 11:00-12:30 Stmbt</p> <p>The causes of balance and dizziness disorders, and how to manage them, by Stephanie Lomis, P.T.</p> <p>Foot Care: S.R.</p>	<p>13</p> <p>Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.</p>	<p>14</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>15</p> <p>Duplicate Bridge Stmbt 9:00-4:00</p>	<p>16</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p>
<p>19</p> <p>Take a tour of the Steamboat based bicycle factory, MOOTS.</p> <p>Wellness Clinic: S.R.</p>	<p>20</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>21</p> <p>Bingo 12:30 S.R.</p> <p>Foot care &amp; Wellness Clinic: Haven</p> <p>Fall Foliage Tour</p>	<p>22</p>	<p>23</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p> <p>Board Meeting 10:00am</p>
<p>26</p> <p>Halloween Party and Pumpkin Decorating</p> <p>Mahjong 1:00 Stmbt</p>	<p>27</p> <p>Beginning Bridge 1:00 Stmbt Bridge: S.R.</p>	<p>28</p> <p>Halloween Party and Pumpkin Decorating S.R.</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>29</p> <p>Halloween Party and Pumpkin Decorating Hayden</p>	<p>30</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

October 2015

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Stuffed Pork Chop Mixed Veggies Coleslaw Italian Bread Apple Pie	29 Lamb Stew Tossed Salad Biscuit Ambrosia Salad	30 Turkey Pot Pie Chef Salad Wheat Bread Pears Cannoli	1 Turkey Pot Pie Chef Salad Wheat Bread Pears Cannoli	2 Shrimp Scampi Angel Hair Pasta Zucchini Wheat Bread Spinach Salad Chocolate Cake
5 Beef and Barley Soup Pea Pasta Salad Crackers Wheat Roll Pineapple, Mandarin Orange mix Chocolate Crème Pie	6 Veggie Pizza Tossed Salad 3 Bean Salad Banana Oatmeal Raisin Cookie	7 Sesame Chicken Fried Rice Wheat Bread Asian Broccoli Salad Pears Carrot Cake	8 Sesame Chicken Fried Rice Wheat Bread Asian Broccoli Salad Pears Carrot Cake	9 BLT Potatoes Pea Salad Strawberries Boston Crème Pie
12 Roast Beef Mashed Potatoes with Gravy Carrots Wheat Roll Fruit	13 Jambalaya Zucchini Okra Tossed Salad Fruit Boston Crème Pie	14 Ribs Mixed Veggies Tossed Salad Potato Salad Wheat Roll Melon Cup	15 Ribs Mixed Veggies Tossed Salad Potato Salad Wheat Roll Melon Cup	16 Bean Burrito Spanish Rice Salsa Tossed Salad Banana
19 Pork Roast Mashed Potatoes with Gravy Broccoli Italian Bread Raspberries Raspberry Sherbet	20 Beef Tacos Fried Rice Black Beans Cottage Cheese Pineapple	21 Beef Tacos Fried Rice Black Beans Cottage Cheese Pineapple	22 Baked Potato Bar Broccoli with Cheese Chef Salad Peaches Oatmeal Blueberry Muffin	23 Oven Fried Chicken Mashed Potatoes with Gravy Peas Wheat Roll Chocolate Cake Ice Cream
26 Veggie Lasagna California Veggies Tossed Salad Garlic Bread Peaches	27 Goulash Peas and Carrots Waldorf Salad Wheat Bread	28 Goulash Peas and Carrots Waldorf Salad Wheat Bread	29 Fish Sandwich Green Beans Coleslaw Oranges Sugar Cookie	30 Herb Baked Chicken Brown Rice Salad Wheat Roll Fruit Parfait

**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