

OCTOBER SENIOR SCOOP

News and Views from the Council on Aging



ROUTT COUNTY
COUNCIL ON AGING

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THANK YOU RCCOA DONORS!

Donations Received August 2016

City of Steamboat Springs
Ron Kashner
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Routt County
Tuesday Bridge



“Like” us on Facebook
to see more photos!

October 2016

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Asst

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

There are Six Living Generations In America, a Look at the First Three

As a generalization each generation has different likes, dislikes, and attributes. They have had collective experiences as they aged and therefore have similar ideals. It can be interesting to identify with your generation and to recognize characteristic of others! Were do you fit in...

GI Generation.

- Born 1901-1926.
- Children of the WWI generation & fighters in WWII & young in the Great Depression...all leading to strong models of teamwork to overcome and progress.
- Their Depression was The Great One; their war was The Big One; their prosperity was the legendary Happy Days.
- Strongly interested in personal morality and near-absolute standards of right and wrong.
- They saved the world and then built a nation.
- Community-minded.
- “Use it up, fix it up, make it do, or do without.”
- Age of radio and air flight; they were the generation that remembers life without airplanes, radio, and TV.
- Most of them grew up without modern conveniences like refrigerators, electricity and air conditioning.

Sometimes called The Greatest Generation.



Mature/Silents.

- Born 1927- 1945.
- Went through their formative years during an era of suffocating conformity, but also during the postwar happiness: Peace! Jobs! Suburbs! Television! Rock 'n Roll! Cars! Playboy Magazine!
- Korean and Vietnam War generation.
- The First Hopeful Drumbeats of Civil Rights!
- Pre-feminism women; women stayed home generally to raise children, if they worked it was only certain jobs like teacher, nurse or secretary.
- Men pledged loyalty to the corporation, once you got a job, you generally kept it for life.
- In grade school, the gravest teacher complaints were about passing notes and chewing gum in class.
- They are avid readers, especially newspapers.
- “Retirement” means to sit in a rocking chair and live your final days in peace.
- Strong sense of trans-generational common values and near-absolute truths.

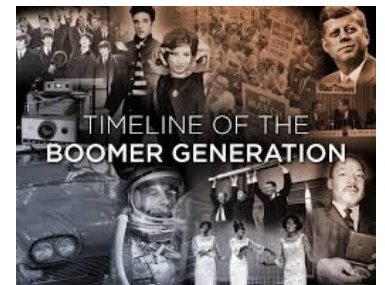
Disciplined, self-sacrificing, & cautious.

Baby Boomers

- Born between 1946 and 1964.
- Two sub-sets: 1. the save-the-world revolutionaries of the '60s and '70s; and
2. the party-hardy career climbers (Yuppies) of the '70s/'80s.
- The “me” generation.
- Ushered in the free love and societal “non-violent” protests which triggered violence.
- Self righteous & self-centered.
- Too busy for much neighborly involvement yet strong desires to reset or change the common values for the good of all.
- Even though their mothers were generally housewives, responsible for all child rearing, women of this generation began working outside the home in record numbers, thereby changing the entire nation as this was the first generation to have their own children raised in a two-income household where mom was not omnipresent.
- The first TV generation.
- Tend to be more positive about authority, hierarchal structure and tradition.
- One of the largest generations in history with 77 million people.
- Their aging will change America almost incomprehensibly; they are the first generation to use the word “retirement” to mean being able to enjoy life after the children have left home. Instead of sitting in a rocking chair, they go skydiving, exercise and take up hobbies, which increases their longevity.

The American Youth Culture that began with them is now ending with them and their activism is beginning to re-emerge.

To read about the next three generations see <http://www.marketingteacher.com/the-six-living-generations-in-america/>



Do you need help with household chores, a handyman, yard work, shoveling? Or are you interested in lending a helping hand?



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.

The Senior Caring Group will kick off their efforts with "Senior Caring Day" Saturday, November 5th

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 by Monday, October 31st.

To learn more or to register as a volunteer visit http://routtcountyunitedway.galaxydigital.com/event/detail/?event_id=30926 or contact Routt County United Way at 970.879.5605



LIVE UNITED



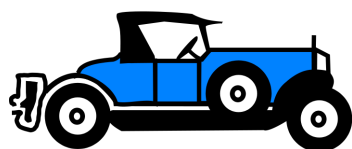
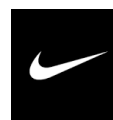
Sometimes it's nice to get out of the boat!! How about a change of scenery and a day in Silverthorne, CO?



Wednesday, November 2nd

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

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



AARP Driver Safety Class

**October 11, 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 in Colorado and many other states provide a multi-year discount to course graduates!

For information and class registration please call Linda Litteral 970-879-1941



October is National Apple Month **AN APPLE A DAY...**

The expression “an apple a day keeps the doctor away” can be traced back to medieval times, and even thousands of years before that, many cultures valued apples for their medicinal properties. Now, modern-day research has confirmed many health benefits associated with apples. In fact, there are hundreds of published papers showing why apples are a true superfruit.

Whittles Your Middle: Enjoy an apple a day and you might just avoid an apple shape (where extra weight settles in the abdomen). That’s because apples contain filling soluble fiber and ursolic acid, a natural compound that has been found to boost fat-burning. Researchers from the University of Rio de Janeiro found that women who added three apples per day to their diet lost more than two pounds in 10 weeks— a greater loss than dieters who didn’t add apples.

Boosts Grey Matter: Apples are natural brain boosters. Researchers from Cornell University found that nutrients in apples protect brain neurons against oxidative damage, which contributes to neurodegenerative diseases such as Alzheimer’s and Parkinson’s disease. Scientists believe that a particular apple compound called quercetin may be responsible for this protective effect. Another study of people with moderate-to-severe Alzheimer’s disease revealed that enjoying 8 ounces of apple juice daily resulted in a 27 percent improvement in mood and behavioral symptoms.

Keeps Your Heart Healthy Eating apples is a heart-smart move because they contain more than 20 essential vitamins and minerals, as well as antioxidants and fiber. In one study in Finland, apple consumption reduced the risk of dying from heart disease by 19 percent among men and 43 percent among women. And, in a human clinical trial, eating just one apple per day for four weeks reduced harmful LDL-oxidation by an average of 40 percent.

Source: usapple.org



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.

Happy October Birthdays!

- 10-2 Bud Romberg
- 10-3 Jean Alperti
Mary Batenhorst
Carl Vail
- 10-5 Bob Grover
- 10-6 Evelyn Powell
- 10-7 John Davis
- 10-8 Doris Compestine
- 10-12 Bill Padgett
- 10-14 Jack Sprengle
- 10-16 Bill Cousins
Sarah Smith
- 10-17 Jane Davis
- 10-21 Barb Babb



- 10-22 Eleanor Larson
Renee Mueller
- 10-26 Diane Prichard
- 10-27 Lucille Mitchell
- 10-29 Ralph Gourley
- 10-30 Dorothy Nordstrom



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.

Would you like to have your name published as a **“Master Puzzle Solver”**? Would you like to win a **FREE LUNCH?**

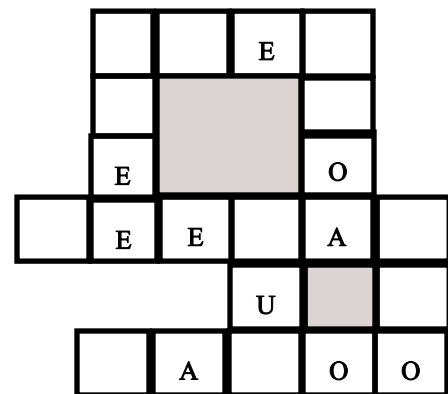
Submit your answers at any meal site and you may be chosen as our monthly **“Master Puzzle Solver!”** (Our monthly winners will be drawn from all submitted correct answers.)

Fraze It

- 1(Close Associate)
- (Ricochet)
- 2(Quiver)
- (Gesture to a General)
- 3(Showing Great Skill)
- (Take Part in a Game)

Phrase:

1 1 1 1 1 2 2 2 2 3 3 3 3 3 3



Fill in the blanks with a W or H to complete.

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 also 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. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 7 for a calendar of classes, or call Northwest Colorado Health with questions, 970.871.676.

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

September 2016

STEAMBOAT

Intro. to Movement & Exercise

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

Wednesdays, Oct 5, 3 - 4 pm

**Starting Oct. 12, this class will be
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

Tues. Oct 4, 9:00-10:00am

**Starting Oct. 11, this class will be
Tuesdays, 9:45-10:30 am**
SS Community Center

Advanced Tai Chi for Health

Tues. Oct 4, 10:30 - 11:30 am

**Starting Oct. 11, this class will
be 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.

SUPPORT OUR SENIORS



ROUTT COUNTY
COUNCIL ON AGING

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

Meals on Wheels Delivery Drivers

Sandy Berger

Tanna Brock

Marion Gibson

Tosia Sauter

Tom Swissler

Vi Look

September Speakers

Marianne Capra

John Whittum

Fall Foliage

Mountain Tap Brewery

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 our programs are essential to helping seniors remain independent and in their homes. In 2016, our core nutrition and transportation programs are thriving. In the first six months of 2016 we have served over 5,500 meals, averaging 45 meals per day. We have reached more seniors needing transportation to and from grocery shopping, doctors appointments and other errands. We are excited to be able to offer these services.

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!

Donations will benefit the nutrition, transportation and recreation programs of RCCOA

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

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

OCTOBER EVENTS AND ANNOUNCEMENTS




ROUTT COUNTY
COUNCIL OF AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Benefits of chair massage and sign up for chair massages through the afternoon</p>	<p>4</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>5</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>6</p>	<p>7</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>10</p> <p>Tango Demonstration with Pedro Amarfi and Susan Ring</p>	<p>11</p> <p>Foot care: Stmbt</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>12</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic: Haven</p>	<p>13</p>	<p>14</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>17</p> <p>Routt County political candidates will speak</p>	<p>18</p> <p>Wellness Clinic: Stmbt</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>19</p> <p>Bingo 12:30 S.R.</p> <p>Sorocco preschool joining</p> <p>Foot care: Haven</p>	<p>20</p> <p>Duplicate Bridge Stmbt 9:00-4:00</p>	<p>21</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> 
<p>24</p> <p>A History of Chocolate from Rocky Mountain Chocolate Factory</p> <p>Wellness Clinic: S.R.</p>	<p>25</p> <p>Beginning Bridge 1:00 Stmbt</p>	<p>26</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic: Haven</p>	<p>27</p> <p>RCCOA Board Meeting 10:30</p>	<p>28</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>31</p> <p>Halloween Party with preschool</p> 	<p>1</p> <p>Beginning Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</p>	<p>2</p> <p>Shuttle to Silverthorne, CO</p> <p>Bingo: 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>3</p>	<p>4</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 7 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
3 Bratwurst Baked Beans Spinach Salad Peaches	4 Cabbage Saute Pinto Beans Peas Strawberries and Cream	5 Baked Chicken Pesto Pasta Asparagus Tossed Salad Cake	6 Baked Chicken Pesto Pasta Asparagus Tossed Salad Cake	7 Beef Kabobs Couscous Caesar Salad Wheat Roll Champagne Salad
10 Tomato Soup Grilled Cheese Cucumber and Tomato Salad Bananas Strawberry Shortcake	11 Shrimp Scampi Angel Hair Pasta Zucchini Wheat Roll Spinach Salad Chocolate Cake	12 Shrimp Scampi Angel Hair Pasta Zucchini Wheat Roll Spinach Salad Chocolate Cake	13 Pork Roast Roasted Potatoes Peas and Carrots Tossed Salad Wheat Roll Mousse	14 Chicken Cordon Blue Rice Pilaf Asparagus Wheat Roll Apricots
17 Chicken Tacos Spanish Rice Pinto Beans Fruit	18 Zucchini Patties Rice Peas and Carrots Tossed Salad French Bread Apple Pie	19 Roast Beef Mashed Potato Gravy Carrots Wheat Roll Fruit	20 Roast Beef Mashed Potato Gravy Carrots Wheat Roll Fruit	21 Fish Sandwich Green Beans Coleslaw Oranges Sugar Cookie
24 Goulash Peas and Carrots Wheat Roll Waldorf Salad	25 Orange Chicken Roasted Veggies Rice Pilaf Tossed Salad Zucchini Bread	26 Orange Chicken Roasted Veggies Rice Pilaf Tossed Salad Zucchini Bread	27 Pork Ribs Sweet Potato Slaw Wheat Roll Brownie	28 Black Bean Burger Zucchini Peas Choc Chip Cookie
31 Pork Carnitas Spanish Rice Green Beans Slaw 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

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