

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 2017

City Market
City of Steamboat Springs
Van and Katie Fletcher
Scott and Ellyn Myller
Holly Rogers
Routt County

**Thank you SO much to
everyone involved in our
inaugural rummage sale!!
The donations and volunteer
help exceeded our expectations,
and we raised over \$4,000!**



**"Like" us on Facebook
to see more photos!**

October 2017

Staff

Stan Bragg
Steamboat Kitchen
Assistant
Toni Cratsley
Steamboat & Hayden
Cook
Gil Fiffeld
Steamboat Driver
Chuck Girton
Hayden Driver
Don Livengood
Steamboat Assistant
Ellyn Myller
Steamboat Driver
Cindy Porter
South Routt Cook
Dave Reid
South Routt Driver
April Sigman
Assistant Director
Meg Tully
Executive Director
Rebecca Wattles
Hayden Driver
Charlotte Whaley
South Routt Kitchen
Assistant

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

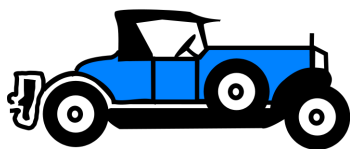
You asked, we made it happen!
RCCOA is excited to announce the expansion
of two programs...
an extra day of transportation from Hayden
to Steamboat and meal delivery to North
Routt twice a month!



The shuttle will now come from Hayden to Steamboat on Wednesdays for Dr. appointments, shopping, and errands. Reservation required 48 hours in advance.

We will deliver frozen meals on the 1st and 3rd Monday of each month to seniors in North Routt. Participants must register 1 week in advance and can get up to 12 meals per delivery.

Contact April for reservations or more information on either of these programs, 970.879.0633 xt 4.



AARP Driver Safety Class
October 13, 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.



Pizza and a Movie is Back!!

Thursday, October 26

5:00pm

Featuring: The Wizard of Oz

Reservations required 24 hours in advance, suggested donation \$3 for those 60+.



Routt County Seniors Out and About...

**Shuttle trip to Craig for lunch,
shopping, and exploring.**

Wednesday, Oct. 25th

**Reservations required at least
48 hours in advance.**

**Suggested donation is \$4 for
those 60+.**



Save the Dates...



**-We will be decorating
a tree for the Festival
of trees, in early
November. Details to
come. Let April know
if you would like to
help.**

**-Shuttle to Silverthorne
Wed., Nov. 29th**



Featured Story

We want to know more about you and hear your story! We will be featuring a new senior every month!! Please contact April to get signed up for your month and thank you for sharing your story!

I know I'm not a senior, but I'll share with you about me, since I'm asking you to do the same.

Name: April Sigman

Moved to Routt County: 2001

Born in: Casper, WY

Places I've lived: WY, NJ, CA, CO

Hobbies, Interests: Gardening, Hiking, Riding my motorcycles, my animals, snowboarding, skiing, snowmobiling, reading, cooking



Most of my family lives in the Denver area, and some are in Wyoming, but I love my Steamboat "family" as well! I have been a massage therapist, a bartender and a medical office manager, but my favorite "job" is here at the Routt County Council on Aging! I feel very blessed to have over 300 "grandparents" in Routt County and all of you have a special place in my heart. This is not just a job to me, but as someone else said, a calling. Thank you for making this such a great community to be a part of. When I'm not at work I love spending time at home with my husband, our two dogs, two goats, eleven chickens and currently four turkeys. I enjoy my garden and the rewards of hard work and I love being outdoors in all seasons! That's enough about me, we want to learn about you!

Talking With Your Doctor.

Why it Matters.

How well you and your doctor communicate is an important part of getting quality health care. But talking to your doctor isn't always easy. It takes time and effort on your part as well as your doctor's. This means asking questions if the doctor's explanations are unclear, bringing up problems even if the doctor doesn't ask, and letting the doctor know if you have concerns about a treatment, medication, or a change in your daily life.

The following suggestions may help you plan for your next visit.

Get Ready for an Appointment

List your concerns: Make a list of what you want to discuss. For example, do you have a new symptom or do you want a flu shot?

Take information with you: Bring a list of your prescriptions, over-the-counter medicines, vitamins, herbs and supplements and dosages. Do you have a prescription from another doctor? List those as well.

Helping You Remember

Bring a family member or friend:

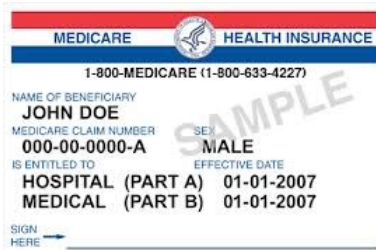
Sometimes it is helpful to bring a family member or close friend to help you remember what you've planned to discuss and to help take notes.

Continued on page 5.

Talking With Your Doctor (cont.)

Call or email your doctor: If you get home and are still uncertain about your doctor's instructions, call the office. A nurse or other staff member can check with the doctor and call you back. A good partnership includes listening, responding and communicating. You and your doctor can work as a team with nurses, pharmacists and other health professionals to manage your medical problems and keep you healthy. ☐ EXCERPTED AND REPRINTED FROM COLORADO PERA

What is Medicare Part D Annual Open Enrollment?



Making sense of Medicare, the government-run health insurance for people who are over 65 and those who have been on disability for 24 months isn't easy, but the State Health Insurance Program (SHIP) can help. Locally the SHIP program is coordinated by Betsy Packer who works from a grant provided by the Area Agency on Aging of Northwest Colorado. SHIP offers free and confidential counseling to anyone with questions about Medicare.

Every year, people with Medicare have a chance to review and change their Part D prescription drug plan. **This Open Enrollment runs from October 15 – December 7, 2017.** Part D plans cover the prescriptions we pick up at the pharmacy or mail order. It is important to look beyond the monthly premium. Each plan has certain drugs on their formulary. The **medicare.gov** web site takes prescription information and pharmacy choices then matches information with the most affordable plan. Each year plans can change. Plans can drop prescriptions from their formulary, which can cause additional charges to beneficiaries.

Each year during Open Enrollment, people with Medicare should look carefully at their prescriptions to see if they are covered for the following year. Many plans are adopting a network pharmacy benefit, which creates in network and out of network costs. Sometimes this causes a certain prescriptions to cost more at one pharmacy than another. Sometimes a prescription is covered but there may be a restriction like prior authorization or a quantity limit.

Lack of attention on your part can cost you. Premiums and prescription costs change, so be sure to call your local SHIP counselors or attend an Open Enrollment Session every Thursday during open enrollment.

Annual Medicare Part D Review

Steamboat Springs

3001 S. Lincoln Ave.

Medical Office Building

(Hwy 40 and Walton Creek Road)

All sessions run between 9:00 and 1:00

AND 2:00 and 5:00.

Appointments Recommended

October 19

October 26

November 9

November 16

November 30

Confused about Medicare?

Colorado SHIP can help you.

- Understand your options.
- Make informed choices.
- Know your rights.
- Save money.



**Please contact Betsy Packer
at 970-819-6401 to learn more.**

Senior Law Day 2017

October 12, 2017
1:00 pm - 4:00 pm

Steamboat Springs Community Center
1605 South Lincoln Avenue, Steamboat Springs

Early birds receive a FREE Senior Law Handbook!

Non-Profit "Expo" - agencies are here to talk to you

Long Term Care Ombudsman
People Care Health Services
SHIP Counselor - Medicare Counseling
Routt County Council on Aging

Veterans Affairs
Northwest Colorado Health - Aging Well
Casey's Pond - Senior Living
Colorado Legal Services

Northwest Colorado Community Health Partnership
14th Judicial District - Self-Help Coordinator
Routt County Department of Human Services
Steamboat Springs Police Department

Presentations by Attorneys

1:30 pm - Wills and Probate - Debra A. Conroy, Keller Law LLC
2:30 pm - Advance Directives and Guardianships - Johanna M. Borchard, Keller Law LLC

Ask-A-Lawyer - Free 1/2 hour consultations with attorneys

1:00 pm - 3:30 pm - Sign up in advance (call April Sigman, 970-879-0633 ext. 4)
Attorneys Catherine Swan and Leila Thomas will answer your civil legal questions

Need transportation to Senior Law Day? Call at least 24 hours in advance:

April Sigman @ 970-879-0633 ext. 4

Questions? Call Colorado Legal Services 800-521-6968 or Routt County Council on Aging 970-879-0633

AGING WELL

October 2017

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 am,
Wednesdays

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 \$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 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, 970.871.7676.

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.

OCTOBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Betsy Packer, Ship Coordinator will share information on Medicare and open enrollment	3 Beginning Bridge 1:00 Stmbt Bridge: S.R.	4 Bingo 12:30 S.R. Foot care: Haven	5	6 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
9	10 Foot care: Stmbt Beginning Bridge 1:00 Stmbt	11 Judy Heiser, Ship Volunteer will share info on Medicare Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	12 Senior Law Day Stmbt 1:00	13 Bingo 1:00 Stmbt Bridge 1:00 Stmbt AARP Safe Driver Class Stmbt 1:00
16 Wii Tournament	17 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	18 Bingo 12:30 S.R. Soroco preschool joining Foot care: Haven	19 Duplicate Bridge Stmbt 9:00-4:00 RCCOA Board Meeting 10:30	20 Bingo 1:00 Stmbt Bridge 1:00 Stmbt 
23	24 Beginning Bridge 1:00 Stmbt	25 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven Shuttle to Craig	26 Pizza and a Movie Stmbt 5:00 	27 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
30 Halloween Party with preschool 	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

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.

SENIOR EAT *and* GREET

October 2017

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Denver Scramble Potatoes O'Brien Zucchini Mixed Nuts Plums Cinnamon Roll	3 Fish Creole Broccoli Wheat Bread Tossed Salad Banana	4 Pork Loin Baked Potato Multi Grain Bread Tossed Salad Fruit Parfait	5 Pork Loin Baked Potato Multi Grain Bread Tossed Salad Fruit Parfait	6 Chicken Stir Fry Brown Rice Carrots Tossed Salad Wheat Roll Orange
9 Chicken Broccoli Alfredo Steamed Red Peppers Caesar Salad Italian Bread Banana	10 Stuffed Peppers Spinach Salad Strawberry Shortcake Wheat Roll	11 Stuffed Peppers Spinach Salad Strawberry Shortcake Wheat Roll	12 Brunswick Stew Peas Carrots Biscuit Orange Pear	13 Open Faced Sliced Pork Sandwich Mashed Potatoes Gravy Spinach Tossed Salad Grapes Carrot Cake
16 Beef and Broccoli Brown Rice Carrots Cucumber Salad Fortune Cookie Ice Cream	17 Eggplant Parmesan Angel Hair Pasta Tossed Salad Garlic Bread Baked Apples	18 Flank Steak Roasted Potatoes Green Beans Tossed Salad Pears Key Lime Pie	19 Flank Steak Roasted Potatoes Green Beans Tossed Salad Pears Key Lime Pie	20 Chicken Tacos Spanish Rice Pinto Beans Tossed Salad Banana Pudding
23 Beef Stew Biscuit Tossed Salad Apple	24 Pizza Tossed Salad Garbanzo Beans Raisins Peanut Butter Bar	25 Baked Chicken Pesto Pasta Asparagus Tossed Salad Caked	26 Baked Chicken Pesto Pasta Asparagus Tossed Salad Caked	27 Crab Cake Wild Rice Spinach Asparagus Strawberry Shortcake
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

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