

SEPTEMBER 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 July 2016

City Market Community Rewards
City of Steamboat Springs
Meals on Wheels Association of America
Routt County
Sureva Towler

Thank You
to everyone who volunteers for us...

Meals on Wheels Delivery Drivers

Sandy Berger
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Vi Look

August Speakers

Barbara Bronner
Emerald City Opera
Steamboat Springs Botanic Gardens
Cloverdale Farm
Marianne Capra



“Like” us on Facebook
to see photos of recent
activities!

September 2016

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Charlotte Whaley
South Routt Kitchen

Asst.
Jessica Young

Steamboat Kitchen
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

Fall Foliage Trips

RCCOA shuttles will be taking in the scenery once again this fall. Join us for an afternoon or a day of sight seeing.

Monday, September 19 1:00pm— 4:30pm

South Routt and Steamboat Shuttles leaving from the Steamboat Community Center

Monday, September 19 9:30am—3:00pm

The Haven residents and Hayden residents Shuttle leaving from the Haven

Space is limited, Contact April for reservations and details.

970-879-0633 xt 4



Happy Labor Day!

Let's celebrate the labor that built
up this great land,

From field to field and desk to desk,

They built it hand in hand.

**RCCOA will be
closed Monday,
September 5th for
Labor Day. Frozen
meals are available
prior to the holiday
weekend. Let April
know if you are
interested.**

Steamboat Springs Rotary Club invites Routt County Seniors to an evening at the Rotary Park and Peace Pavilion.

When: Wednesday, September 28th 4:00 pm

Where: The Peace Pavilion at Rotary Park, a short walking distance from the core trail

What: A presentation about the Peace Pavilion by Rotarians, followed by food and drink

RESERVATIONS REQUIRED. No Charge. Transportation available. Call 970-879-0633 xt 4



About The Project: Throughout our community you'll find many symbolic structures scattered about. But none are quite as magnificent as the Peace Pavilion at Rotary River Park. Serving as the gateway to the scenic Yampa River Boardwalk, this pavilion stands as a noteworthy enhancement to the Core Trail, a gathering place for individuals of all ages and abilities, and a beacon of peace in Routt County.

In a decade seemingly filled with turmoil and conflict, we've worked to construct a continual reminder that a community who stands together can radiate the peaceful change we want to see in the world.



Understanding Your Metabolism

Basically, metabolism is the process your body uses to convert calories into energy (we often refer to this as “burning calories”). Whether you know it or not, your body is always burning calories. Even when you’re just sitting around, your body is using energy to run the inner show that goes on behind the scenes—stuff like keeping your ticker running, blood circulating, repairing your cells, breathing, and the list goes on. This accounts for about eighty percent of your metabolism.

In addition to the calories burned just to keep your body functioning each day, you also burn them while digesting food (which takes a lot of energy)—and of course during exercise and any physical activity (folding laundry, washing dishes, even vacuuming!). So, that’s your metabolism in a nutshell. Some of it’s within your control and some of it’s not.

Your metabolism doesn’t always stay the same throughout your life. For most women, metabolism drops about 1-2% per decade after age 25. So to put that into perspective, continuing to eat the same foods and exercise the same amount could mean gaining about 2 pounds per year after age 25. No biggie for a year or two, but after 10 or 20 years, a noticeable amount of extra weight may be hanging around. This is when boosting your metabolism can really help—because you shouldn’t have to starve yourself to attain your (realistic) weight loss goals. In fact, if you do, there’s a good chance you could actually damage your metabolism. And once it’s hurt, it’s hard to heal. Not impossible, but not easy. So, let’s say you want to lose weight in a healthy way. You’re being mindful of your portions and what you’re eating, and you’re exercising too, but you’re still not losing weight! What do you do? Try revving up your metabolism with the strategies below. They may be just what you need to tip the scale in your favor.

6 Ways to Boost Your Metabolism & Support Weight Loss

Spice up your meals: Adding a spicy kick to your food on a regular basis can increase your metabolism (and make your meals even tastier). Try adding hot peppers, chili peppers and even red pepper flakes to your foods throughout the day.

Eat more plant protein: Protein has a greater thermic effect than carbs or fats (so digesting protein burns more calories!). And when you choose plant-based protein, you get these metabolism-boosting benefits without the potential drawbacks of eating more animal protein (for example, increased heart disease risk and cancer risk). Try adding a serving of beans, lentils, hemp seeds, chia seeds or some of the other rich sources of plant protein to your snacks and meals.

Stay well hydrated: Try to consume at least half your bodyweight (lbs) in ounces of water per day. Recently, a study done among overweight children found that consuming the recommended amount of water increased their metabolism by 25 percent. On the opposite side of the coin, poor hydration is linked to higher weight and obesity.



Stay rested: Clocking at least 7 to 8 hours of sleep each night keeps your metabolism running strong. When you’re chronically sleep deprived (consistently getting less than 7 hours of sleep per night), your body produces more of the stress hormone cortisol. This uptick in cortisol throws your hormonal balance out of whack, which can slow down your metabolism. Plus, sleep deprivation increases your appetite for carbohydrate-rich foods, like sweets and snacks, making sleep loss a double whammy for weight gain.

Build muscle: Thirty minutes of weight-bearing exercises 3 to 4 times a week can help you increase and maintain muscle mass, which keeps your metabolism running high. A pound of muscle burns about 6 calories a day whereas a pound of fat only burns 2 calories a day. So the more muscle you have, the faster your metabolism.

Drink green tea: Research suggests drinking 2-3 cups of green tea daily. It’s been shown to significantly increase metabolism for 24 hours after consumption. Also, green tea may boost fat oxidation, which means less storage of body fat.

- See more at: <http://kriscarr.com/blog/boost-metabolism-weight-loss/#sthash.sNAMKpF8.dpuf>

Happy September Birthdays!

9-9	Don Walling	9-21	Katherine Gourley
9-10	Natalie Cowan	9-22	Charles Caso
9-14	Roger Carlson	9-25	Laura Lamettery
9-15	Bette Kuntz Sandy Miller	9-26	William Jameson
9-18	Doyle Vogt	9-27	Ted Crook
9-20	Bill Sauter Ima Viele		



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.



Come play bingo in Hayden!

Bingo at the Hayden
Congregational Church

Friday, September 9, 11:00am
Lunch to follow
Win Prizes!!

Free for those 60 and better.

Congratulations to our August Master Puzzle Solver, **Michael Noriega!**

Michael found 178 words in the boggle puzzle.

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.)

What English word has three consecutive double letters? _____

What has a head, a tail, is brown, and has no legs? _____

You can find roads without cars, And roam through forests without trees, Cities exist without houses? Whatever can I be? _____



How can you make the following equation true by drawing only one straight line: $5+5+5=550$

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 \$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, 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

September 2016

STEAMBOAT

Intro. to Movement & Exercise

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

Wednesdays, 3 - 4 pm
Selbe Apartments

**This class is only confirmed for
9/21 and 9/28. Call 871-7676
before attending 9/7 and 9/14**

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

Tuesdays, 9:00 - 10:00am
SS Community Center

Advanced 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

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, Wednes-
days

YAMPA

Yampa Town Hall: 1:15 - 3:30 pm
1st Mon. of Aug, Oct. and Dec.

SEPTEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Marianne Capra will share Routt County hiSTORY “Flag for the Fourth”	30 Beginning Bridge 1:00 Stmbt Bridge: S.R.	31 Bingo: 12:30 S.R. Foot care: Haven	1	2 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
5 Labor Day All Sites Closed	6 Foot care: Stmbt Beginning Bridge 1:00 Stmbt	7 Craig Shopping Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	8	9 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
12 John Whittum “Reflections of Northwest CO” Foot Care: S.R.	13 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	14 Bingo 12:30 S.R. Foot care: Haven	15 Duplicate Bridge Stmbt 9:00–4:00	16 Bingo 1:00 Stmbt Bridge 1:00 Stmbt 
19 Join us for Fall Foliage Tours –destination to be determined by foliage	20 Beginning Bridge 1:00 Stmbt	21 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	22	23 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
26 Learn about new local breweries, Mountain Tap Brewery and Butcherknife Brewery tour	27 Beginning Bridge 1:00 Stmbt Bridge: S.R.	28 Rotary Peace Pavilion Presentation 4:00pm Bingo: 12:30 S.R. Foot care: Haven	29	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.

SENIOR EAT *and* GREET September 2016

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Sloppy Joe Baked Beans Macaroni Salad Banana Cake	30 Chicken with Mushroom Sauce Mixed Veggies Wheat Roll Cake	31 Ham and Beans Cornbread Tossed Salad Peaches	1 Ham and Beans Cornbread Tossed Salad Peaches	2 3 Cheese Ziti Kidney Beans Tossed Salad English Muffin Strawberries
5 Labor Day All Sites Closed	6 Sausage and Peppers Rice Pilaf Carrots Italian Bread Snickerdoodle	7 Sausage and Peppers Rice Pilaf Carrots Italian Bread Snickerdoodle	8 Chicken Noodle Soup Grilled Cheese Cucumber Salad Strawberries Cake/ Ice Cream	9 Shepard's Pie Kidney Beans Tossed Salad Italian Bread Fruit
12 BBQ Chicken Sandwich New Potatoes Coleslaw Tossed Salad Watermelon	13 Eggplant Casserole Green Beans Caesar Salad Italian Bread Cookie	14 Pork Chop Stuffing Veggies Coleslaw Italian Bread Apple Pie	15 Pork Chop Stuffing Veggies Coleslaw Italian Bread Apple Pie	16 Beef Stroganoff Spinach Sweet Potato Tossed Salad Italian bread Fruit
19 Flank Steak Mash w/ Gravy Squash Black Eyed Peas Italian Bread Raspberry Sherbet	20 Bean and Cheese Burrito Spanish Rice Squash Pineapple	21 Bean and Cheese Burrito Spanish Rice Squash Pineapple	22 Fish Creole Rice Coleslaw Bread Pears Blondie	23 Pizza Garbanzo Salad Raisins Crème Puffs
26 Baked Ham Sweet Potato Veggie Wheat Roll Pineapple Sugar Cookie	27 Chicken Chow Mein Lo Mein Noodle Asian Broccoli Salad Orange Fortune Cookie	28 BBQ Beef Sandwich Coleslaw Pasta Salad Fruit	29 BBQ Beef Sandwich Coleslaw Pasta Salad Fruit	30 Lasagna Cauliflower Snap Peas Banana Apple

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