



# AUGUST SENIOR SCOOP

## News and Views from the Council on Aging



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### THANK YOU TO ALL OUR DONORS! Donations Received June 2018:

Arthur Anderson Memorial  
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To see photos and more  
happening events:  
“Like” us on Facebook

### August 2018

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# The Routt County Council on Aging invites you to a BBQ

Serving Cheeseburgers, Baked  
Beans, Coleslaw, and  
Rhubarb Crisp



**Wednesday, Aug. 15th @ 5:00pm** Steamboat Springs  
Community Center

**Thursday, Aug. 16th @ 5:00pm** Decker Park in  
Oak Creek

**Wednesday, Aug. 29th @ 5:00pm** Hayden Town Park

All seniors (60 and better) are invited to attend.

Suggested donation for those 60+ is \$3. A \$10.00 fee for those  
under 60.

## A Day Out in Craig, CO

**Wed., August 15th**

**9:30 am - 4:00 pm**

Join us for shopping,  
lunch and errands. Space  
is limited. Please RSVP  
to April at least 48 hours  
in advance. 970-879-0633



**Movie and Popcorn**  
**August 6th, 12:30 @ the**  
**Steamboat Community Center**



In honor of the Routt County Fair this month, enjoy these recipes from *Fair Family Favorites*.

### RHUBARB PRESERVES



5 Cups Diced Rhubarb  
3 Cups Sugar  
1 Small Package Strawberry Jello

Mix rhubarb and sugar well and let stand overnight. Bring to a boil and cook 5 minutes. Add 1 small package Jello. Stir well. Pour into sterilized jars; freeze until ready to use. Thaw and Serve.

-Submitted by Kitty Ellison

### HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose too young. When selected, give your entire thoughts to preparation for domestic use. Some wives insist upon keeping husband in a pickle, others are constantly getting into hot water. This may make them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing with patience, well sweetened with love and seasoned with kisses. Keep warm with a steady fire of devotion and serve with peaches and cream. Thus prepared, they will keep for years.

-Submitted by Linda Long from the Ball Blue Book 1972

### CONFETTI ZUCCHINI RELISH

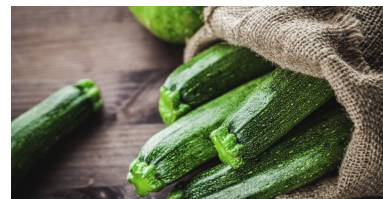
10 Cups Chopped Zucchini  
4 Cups Chopped Onion  
5 Tbs Salt  
1 Chopped Red Pepper  
1 Chopped Green Pepper  
3 Cups Sugar  
2 Tbs Cornstarch  
3 Tsp Turmeric  
2 Tsp Dry Mustard  
2 Tsp Celery Seed  
1/2 Tsp Black Pepper  
2 1/2 Cups Cider Vinegar

Combine zucchini, onion and salt; let stand overnight. Rinse and drain well. Place in a large kettle along with remaining ingredients. Cook until mixture thickens, stirring constantly. Do not overcook. Pack hot into sterilized, leaving 1/4 inch headspace. Adjust caps. Process 10 minutes in a boiling bath. Makes 16 half pints. Note: This was a Blue Ribbon winner, is a great condiment with tuna sandwiches.

-Submitted by Jean-Marie Button

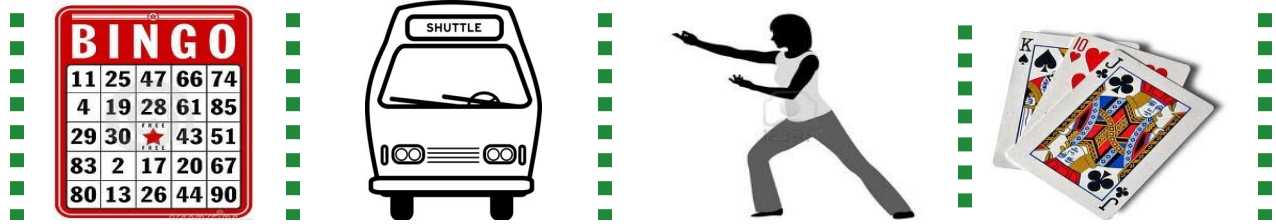
## 3 Surprising Health Benefits of Zucchini

[www.naturalfoodseries.com](http://www.naturalfoodseries.com)



1. **Helps In Weight Loss.** Zucchini is a low starch vegetable having minimal amounts of calories making it a much-preferred part of the diet. It even contains high fiber and water contents which makes burning fat off much easier. People normally gain weight because they feel hungry almost immediately after consuming a meal. Since Zucchini is a low glycemic food, it leaves you full for the longest hours and stabilizes your consumption patterns. As proven by nutritionists, consuming fruits and vegetables is a healthy way of weight reduction.
2. **Takes Care Of Your Cardiovascular System.** Zucchini is low in cholesterol, fat, and sodium but has good amounts of potassium which are the basic requirements for heart health. The abundant amounts of vitamin folate and magnesium helps eliminate and break down amino acids like homocysteine; notably reducing the risks of high blood pressure, strokes and heart attacks.
3. **Helps Improve Digestion.** Summer squashes like Zucchini help maintain the digestive system. Consuming high amounts of carbohydrates can result in preventing the digestive from working smoothly. If your body doesn't get the required amounts of fiber to ensure proper excretion, it can lead to rather problematic syndromes if not treated soon. Containing essential nutrients and electrolytes, it protects the human body from anti-inflammatory problems. Also, as discussed above, the high water content acts as a natural constipation relief preventing from IBS and ulcer-related diseases.

# 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 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 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



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



### Meals on Wheels

#### Delivery Drivers

**Tanna Brock**

**Ashley and Chase Demos**

**Julie Lind**

**Tosia Sauter**

**Susan Scott**

**Tom Swissler**

### Other Volunteer Efforts

**Tanna Brock**

**Ann Bronner**

**Michelle Castleman**

**Michael Kenney**

**Clint Koler**

**Mary Monger**

**Terri Reeves**

**Sharon Smith**

**Chris Stillwell**

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!



### Your Legacy Planning Can Help RCCOA

The Routt County Council on Aging Board of Directors has decided to work with the Yampa Valley Community Foundation to form an RCCOA Endowment Fund.

The word “endowment” simply means that any legacy gifts will be managed by the Yampa Valley Community Foundation and invested for the benefit of RCCOA. The earnings from these investments will be contributed to RCCOA every year and then used by RCCOA to meet the needs of the more than 5,000 seniors in Routt County.

Legacy gifts given to the RCCOA Endowment may take many forms including:

Gifts made in your will or trust; Gifts that pay you income; Gifts of life insurance or retirement plan assets.

Have you considered including RCCOA in your long-term financial plans? In the end, we are all remembered for our acts -- for the lives we touch and by the causes we advance.

RCCOA is establishing a restricted fund that will be used to start our Endowment. You can start donating today to this fund! For more information on how the Endowment Fund will work and how you can participate, please contact Meg at [meg@rccoaging.org](mailto:meg@rccoaging.org) or Ph: 970-879-0633.

Remember too that an RCCOA memorial donation is the perfect way to honor a friend or family member that has passed away. Giving a gift in their memory helps service seniors today. All you need to do is send RCCOA a check or make a payment by credit card online and note for whom the donation is remembering. Memorial donations are another way to ensure the memory of someone you love.

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

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | [www.rccoaging.org](http://www.rccoaging.org)

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## AGING WELL

August 2018

### FITNESS CLASSES

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

#### 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, 9:15 - 10:15 am  
Stmbt. Community Center

**Tai Chi for Arthritis**  
Tuesdays, 10:30 - 11:30 am  
Stmbt. Community Center

#### South Routt

**Movement & Exercise**  
Mondays, 9:30 - 10:30 am  
Yampa Town Hall

**Tai Chi for Arthritis**  
Mondays, 10:45 - 11:45 am  
SR Community Center

#### Movement & Exercise

Mondays & 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

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

Appointment required. Call 970-734-7998.  
\$20 per appt. No one is turned away due to  
inability to pay.

**Steamboat Community Center: Please call for  
schedule (\$20 donation)**

**Northwest Colorado Health: Please call for  
schedule**

**Haven Assisted Living: Please call for schedule**

**South Routt Medial Center: Please call for schedule**

**Oak Creek Senior Apartments: By appointment**

**Yampa Town Hall: By appointment**

# AUGUST EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Bridge 1:00 Stmbt	31 Beginning Bridge 1:00 Stmbt Art Class 1:30 C Street Brass Band	1	2	3 Bridge 1:00 Stmbt Rummage Sale 8am-6pm
6 Movie -"The Longest Ride" Bridge 1:00 Stmbt	7 Beginning Bridge 1:00 Stmbt Art Class 1:30 Bridge: S.R	8 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	9	10 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
13 Rocky Mountain Youth Corp. Bridge 1:00 Stmbt	14 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt	15 Shuttle to Craig BBQ 5:00 pm Stnbt Bingo 12:30 S.R. Foot care: Haven	16 BBQ 5:00 pm Oak Creek	17 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
20 Steamboat Detective, Sam Silva, P.D. - Fraud Prevention Bridge 1:00 Stmbt Wellness Clinic: S.R.	21 Beginning Bridge 1:00 Stmbt Bridge: S.R.	22 Foot care & Wellness Clinic: Haven	23 Duplicate Bridge 1:00 Stmbt	24 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
27 Linda Litteral - Birds of Colorado Bridge 1:00 Stmbt	28 Beginning Bridge 1:00 Stmbt	29 Bingo: 12:30 S.R. BBQ 5:00pm Hayden Foot care: Haven	30	31 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

**August 2018**

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Spinach Stuffed Chicken Rice Asparagus Wheat Roll Tossed Salad	31 Fish Sandwich Green Beans Coleslaw Mandarin Oranges Tossed Salad Sugar Cookie	1 Scalloped Potatoes and Ham Mixed Veggies Wheat Roll Tossed Salad Fruit Salad	2 Scalloped Potatoes and Ham Mixed Veggies Wheat Roll Tossed Salad Fruit Salad	3 Cheese Burger Chips Tossed Salad Granola Watermelon  RUMMAGE SALE
6 Eggplant Parmesan Zucchini Tossed Salad Fruit Salad Cupcake	7 Turkey Cobb Salad Mushroom Rice Soup Wheat Roll Ice Cream Apple Juice	8 Brisket Baked Beans Cole Slaw Wheat Roll Tossed Salad Oranges	9 Brisket Baked Beans Cole Slaw Wheat Roll Tossed Salad Oranges	10 Sausage Patty Eggs Hash Brown Tossed Salad Fruit Cup
13 Chicken Noodle Casserole Peas Wheat Roll Spinach Salad Fruit	14 Beef Tacos Brown Rice Black Beans Mexican Salad Cottage Cheese Pineapple	15 Shrimp Po Boy Cajun Fries Okra Pineapple Tossed Salad Ice Cream	16 Shrimp Po Boy Cajun Fries Okra Pineapple Tossed Salad Ice Cream	17 Pork Chow Mein Lo Mein Noodles Sesame Broccoli Wheat Roll Tossed Salad Raisin Nut Cup
20 Chicken Salad Sandwich Italian Chopped Salad Pears	21 Vegetable Pasta Prima Vera Spinach Salad Wheat Roll Strawberries and Banana	22 Chili Corn Bread Tossed Salad Mandarin Oranges Pineapple	23 Chili Corn Bread Tossed Salad Mandarin Oranges Pineapple	24 Cubed Pork Cutlet Cauliflower Broccoli Kidney Beans Wheat Roll Baked Applesauce with Oatmeal
27 Beef and Bean Burrito Spanish Rice Tossed Salad Baked Applesauce with Raisins	28 Baked Chicken Mixed Veggies Wheat Roll Tossed Salad Cake	29 Baked Chicken Mixed Veggies Wheat Roll Tossed Salad Cake	30 Pork Ribs Sweet Potato Mixed Veggies Cole Slaw Wheat Roll Tossed Salad Brownie	31 Clam Chowder Chef Salad Wheat Roll Pears Lemon Bars

**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**