

DECEMBER SENIOR SCOOP

News and Views from the Council on Aging



Meg Tully
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'Tis the Season

I'm proud and honored to work at Routt County Council on Aging (RCCOA), where I'm surrounded by people every day that I consider friends.

RCCOA is the hub for seniors in Routt County. Annually, we serve more than 10,400 meals and provide 4,290 rides. The past few years, our job has gotten much more difficult. The past two years has brought some significant and unanticipated funding cuts. Local grant funding has decreased 27% since 2012, and we lost \$25,000 from a past grant supporter due to changing priorities for that entity. Our insurance and rental costs for two of our locations has increased, and we are paying more in labor due to the increased need for transportation.

The grant reductions and higher expenses come at a time when the county's senior population is growing more than ever. Please consider giving to RCCOA to ensure that RCCOA's meal, transportation, recreation and social services remain at the level that they are now. Our goal is to raise \$10,000 on December 4 for Colorado Gives Day. Together, we can do it!

Thanking You,

Meg Tully
Executive Director



December 2018

Staff

April Sigman
Assistant Director

Chris Becea
Steamboat Kitchen Asst.

Toni Cratsley
Steamboat & Hayden
Cook

Gil Fifield
Steamboat Driver

Chuck Girton
Hayden Driver

Don Livengood
Steamboat Kitchen Asst.

Ellyn Myller
Steamboat Driver

Cindy Porter
South Routt Cook

Dave Reid
South Routt Driver

Rebecca Wattles
Hayden Driver

Charlotte Whaley
South Routt Kitchen Asst.

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

You're Invited...

Monday, December 10th

11:30 am - 1:30 pm

**Routt County Council on Aging
Holiday Party**

**Food, Friendship
and Holiday Cheer!**

**Please RSVP to April at 970.879.0633 x4
or april@rccoaging.org**

Nominations are in and votes were tallied (we couldn't have just one winner!) We are pleased to announce our 2018 Senior Award winners who will be recognized at the Holiday Party! Congratulations and THANK YOU FOR ALL YOU DO!



Friend of Seniors: Terri Reeves

Senior Helping Seniors:

Tanna and Colt Brock

Michael Kenney

Louise Iacovetto

Need a Ride?

RCCOA is pleased to offer close to 4300 rides annually to seniors. As winter approaches and roads get icy, the demand for our limited shuttle services is very high. Since our drivers are likely on the road, please call the office number rather than driver's personal cell phones, when possible. To ensure that you receive the service you need, please keep the following in mind:

- All reservations should be made at a minimum 24-hours in advance. The sooner you know your schedule, the more likely we will be able to accommodate you.
- If there are delays due to weather, please understand that our driver is doing the best he/she can. Your patience is appreciated.
- There will likely be more clients on the shuttles, so please be courteous to everyone.

Please call 970-879-0633 to make your reservations. Suggested donations are \$2/each way in Steamboat and \$3/each way outside Steamboat city limits.



Partnership is a Win-Win

RCCOA offers a Partnership Program where businesses can support RCCOA in exchange for promotional exposure. With grant funding cuts the past two years, partnership income is a great way for RCCOA to diversify its revenue. There are 3 Partnership levels: Gold (\$2000), Silver (\$1000) and Bronze (\$500). If your business would like to support senior programming in this way, please contact Meg or April at 970-879-0633. RCCOA thanks its 2019 “early adopter” partners: hearOclub (Gold) and Alpine Bank



Shopping and Lunch in Craig, CO

Wed., December 5th 9:00 am - 4:00 pm

Join us for shopping and lunch. Space is limited.

Suggested donation of \$5 for those 60 and better.

Lunch is not included. Weather Permitting. Please RSVP to April at least 48 hours in advance. 970-879-0633



Do You Need Help Around the House?

We have heard from some of you that you could use help with things like changing light bulbs, moving things to lower shelves, replacing smoke detector batteries - basically, tasks that involve reaching high. We want to help you be safe in your home and will set aside one day each month to come to your home. Let us know what you need help with, and we will make arrangements to get it done. Tasks should be fairly light in nature and should not take more than an hour to complete.

Our next “Reaching High” Day will be Wed, Dec. 19th. Contact April with questions or requests. 970.879.0633

REACHING HIGH

RCCOA will be closed
 Mon., Dec. 24th,
 Tues., Dec 25th and
 Tues., Jan. 1st.
 Frozen meals are available
 to take home. See April or
 Toni if you are interested.



One of my family traditions was to
 drive around town to see the best
 Christmas lights while drinking hot
 cocoa. Join me in this holiday
 tradition! ~April

Thursday, December 20th

5:00pm - 7:00pm

Space is limited. RSVP 970.879.0633

Nutrition and Healthy Aging



These are your golden years. They are years to celebrate your life and nourish your mind and body with nutrients they need to thrive. No matter what your age, there are steps you can take to revitalize and protect your mind and body.

Prevalence of Nutrient Deficiencies in the Senior Population

In today's world, depleted soils, heavy use of herbicides and pesticides, and the prevalence of overly processed foods mean that much of the nutrient value in food has diminished, making it difficult to obtain all the nutrients we need from even the healthiest food choices.

From the studies that have been conducted on the nutrient deficiencies most common to seniors, the following appear most often:

Protein supplies the body with what it needs to make every structure, from bones to cartilage to enzymes.

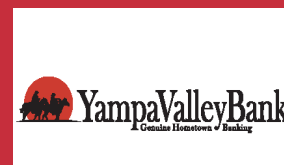
Calcium strengthens bones and helps nerve cells in the brain communicate.

Magnesium assists in more than 300 essential metabolic reactions.

Zinc plays an important role in the structure of proteins and cell membranes.

The health of the body depends directly on the foods we eat. Natural, whole, unrefined foods are the ideal choices. Try to limit processed food, fried food and sugar for the most complete balanced diet.

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!



RCCOA Welcomes New Gold Partner

RCCOA is excited to welcome hearOclub as one of our 2019 partners at the Gold level (\$2000). The support of hearOclub means a lot and will help ensure senior services for the 2019 year.



Running out of hearing aid batteries can be frustrating. Not having a plan in place to get your batteries can cause you to sit in silence until your next trip to the store. hearOclub is the solution to this problem by providing access to affordable, high quality batteries. We supply our members with a fresh supply of batteries on a consistent basis, so they never again run into a time when they can't hear.

With free shipping, affordable pricing, and the freshest batteries delivered right to you, hearOclub gives you peace of mind that you'll never miss a sound. We believe in helping our customers live life to the fullest, ensuring you have the best quality hearing aid batteries at all times. Now you can get back to enjoying your life and never be burdened by sitting in silence again. hearOclub puts an end to "hearing emergencies" by offering its members simple plans, consisting of every kind of hearing aid battery on the market and exemplary customer support. Take back your hearing by joining hearOclub today!

RCCOA and hearOclub have taken their partnership to another level too. Customers who enroll in a plan using RCCOA's special code will help us receive additional revenue plus, you get 50% off your first order. Our code is RCCOA. The more customers who enroll using our code, the higher the donation will be! We thank hearOclub for this innovative collaboration. To explore plans and prices, please call 1-833-547-8362; email: support@hearoclub.com; website: www.hearoclub.com.

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

**Meals on Wheels
Delivery Drivers**
Ashley Demos
Julie Lind
Tosia Sauter
Susan Scott
Tom Swissler

Other Volunteer Efforts

Tanna Brock
Michelle Castleman
Michael Kenney
Clint Koler

Mary Monger
Terri Reeves
Sharon Smith
Chris Stillwell

AGING WELL

Decmeber 2018

FITNESS CLASSES

\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED. NO ONE IS TURNED AWAY DUE TO INABILITY TO PAY. *Please note: There will be no classes Dec. 24 - Jan. 4.*

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, 10:30 - 11:30 am
Stmbt. 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

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

FOOT CARE CLINICS

Please Note: There will be no senior wellness or foot care clinics Dec. 24 - Jan. 4.

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

\$20 per appt. unless otherwise noted. No one is turned away due to inability to pay.

Steamboat Community Center: Please call 970-870-4146 for appointment. (\$20 donation)

Northwest Colorado Health: Please call 970-870-4146 for appointment.

Haven Assisted Living: Please call 970-871-7676 for appointment.

South Routt Medical Center: Please call 970-734-7998 for appointment.



ROUTT COUNTY
COUNCIL ON AGING

SUPPORT OUR SENIORS

Help us Raise \$10,00

Your Donation Goes Further on Colorado Gives Day!

Please give where you live and support us on Colorado Gives Day, Tuesday, December 4! This 24-hour movement is a chance to increase the value of your donation, thanks to the \$1 Million Incentive Fund. Created by Community First Foundation and FirstBank, the fund increases the value of every dollar donated proportionally. Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 2,300 nonprofits. ***Schedule your Colorado Gives Day donations in advance at www.ColoradoGives.org. See April or Meg if you need assistance online.***



THANK YOU TO ALL OUR DONORS! Donations Received October 2018:

Julie Alkema
Anonymous
Jim & Louis Brainard
Sandra Brozovich in memory of Dale Look
Donna Christiansen in memory of Mark Christiansen
City of Steamboat Springs
Toni Cratsley
Doc & Marsha Daughenbaugh
Pam Duckworth
Katherine Gourley
Ralph Gourley
Betty Kemry
Eloise More
Sandra & Michael Moore
Routt County
Hank Schaffer
United Way
Catherine Voorhees
Yampa Valley Community Foundation

PLEASE MAKE YOUR DONATION TODAY!

Name: _____

(Please print name as you would like it to appear in RCCOA publications)

Mailing Address: _____

City, State, Zip: _____

Email Address: _____

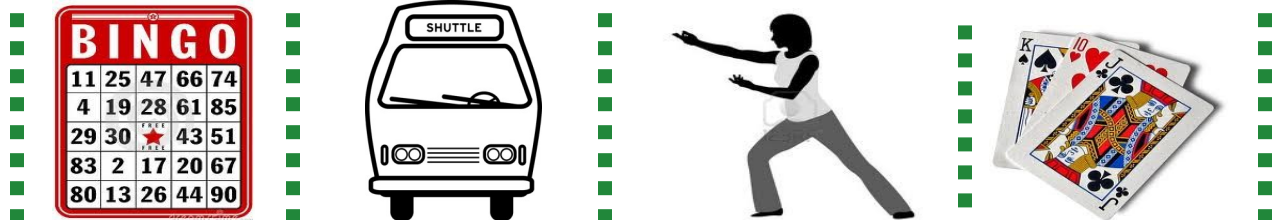
Phone Number: _____

Gift Amount: _____

THANK YOU!

We happily accept cash or checks payable to RCCOA or donate online www.rccoaging.org

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 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 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





The Council on Aging provides this service for our seniors by request. For an appointment please call 970-879-0633 xt 4.

DECEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3</p> <p>Bridge 1:00 Stmbt</p>	 <p>4</p> <p>Bridge 1:00 Stmbt</p> <p>CO Gives Day</p>	<p>5</p> <p>Bingo 12:30 S.R.</p> <p>Shuttle to Craig</p>	<p>6</p> <p>A Matter of Balance 1:00 Stmbt</p>	<p>7</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>10</p> <p>Holiday Party in Steamboat for all sites S.R. Closed</p> <p>Bridge 1:00 Stmbt</p>	<p>11</p> <p>Bridge 1:00 Stmbt</p> <p>Bridge: S.R</p>	<p>12</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic: Haven</p>	<p>13</p> <p>RCCOA Board Meeting 9:00am</p>	<p>14</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p> <p>Lunch and Bingo Hayden Cong. Church 11-1</p>
<p>17</p> <p>Bridge 1:00 Stmbt</p>	<p>18</p> <p>Bridge 1:00 Stmbt</p>	<p>19</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p> <p>"Reaching High"</p>	<p>20</p> <p>Duplicate Bridge 1:00 Stmbt</p> <p>Holiday Lights Tour 5:00pm</p>	<p>21</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>24</p> <p>Christmas Eve</p> <p>All Sites Closed</p>	<p>25</p> <p>Christmas</p> <p>All Sites Closed</p>	<p>26</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic: Haven</p>	<p>27</p>	<p>28</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
 <p>31</p> <p>Bridge 1:00 Stmbt</p> <p>Wellness Clinic: S.R.</p>	 <p>1</p> <p>New Year's Day</p> <p>All Sites Closed</p>	<p>2</p> <p>Bingo 12:30 S.R.</p>	<p>3</p> <p>Cooking Demo 12:30 Stmbt</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 6 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 Turkey Noodle Soup Grilled Cheese Sandwich Spinach Salad Banana Pudding OJ	4 Cheese Ravioli Mixed Veggies Wheat Roll Tossed Salad Apple Pie	5 Brisket Baked Beans Broccoli Multi Grain Bread Coleslaw Key Lime Pie	6 Brisket Baked Beans Broccoli Multi Grain Bread Coleslaw Key Lime Pie	7 Pork Lo Mein Asian Veggies Egg Roll Asian Slaw Pears
10 Soup Buffet Cheese & Crackers Corn Bread Wheat Roll Fruit Plate Tossed Salad Raspberry Chocolate Cake	11 Cod Orzo Cauliflower Hush Puppies Strawberry Shortcake OJ	12 Beef Ribs Potato Salad Corn Spinach, Kale Salad Biscuit Apple Pie	13 Beef Ribs Potato Salad Corn Spinach, Kale Salad Biscuit Apple Pie	14 Pizza Tossed Salad Cherry Pie
17 Oven Fried Chicken Mashed Potatoes / Gravy Beets Tossed Salad Wheat Roll Cottage Cheese w/ Pears Oatmeal Cookie	18 Lentil Cakes Carrots Wheat Roll Spinach Salad Blueberries Cheesecake	19 Ham Sweet Potatoes Green Bean Casserole Wheat Roll Tossed Salad Apple Pie	20 Ham Sweet Potatoes Green Bean Casserole Wheat Roll Tossed Salad Apple Pie	21 Salisbury Steak Baked Potato Broccoli Tossed Salad Bread Pudding
24 Christmas Eve All Sites Closed	 25 Christmas All Sites Closed	26 Tuna Casserole Peas and Carrots Ambrosia Salad Tossed Salad Garlic Bread Chocolate Cake	27 Tuna Casserole Peas and Carrots Ambrosia Salad Tossed Salad Garlic Bread Chocolate Cake	28 Monterey Chicken Mixed Veggies Polenta w Gravy Wheat Roll Tossed Salad Orange Cheesecake
31 Black Eyed Pea Stew Collards Corn Bread Tossed Salad Banana Peach Cobbler w Ice Cream	1 New Year's Day All Sites Closed	2 Beef Tips Egg Noodles Broccoli Wheat Roll Tossed Salad Apple	3 Beef Tips Egg Noodles Broccoli Wheat Roll Tossed Salad Apple	4 Baked Chicken Pesto Noodles Asparagus Garlic Bread Tossed Salad Cake