

January SENIOR SCOOP

News and Views from the Council on Aging

January 2019



Meg Tully
Executive Director

Board of Directors

Pegi Simmerman
President

Jim McGee
President-Elect

Joanna Allison
Secretary

Julie Alkema

Mary Kay Graver

Becky Hammond

Bruce Hannon

Julie Lind

Holly Rogers

Rozanne Steinhoff

Chris Stillwell

Dean Vogelaar

Nancy Westphale

PRESIDENT'S MESSAGE

Many of us are between 65 and death -- in other words -- old. My friend sent me this excellent list for aging, and I have to agree it's good advice to follow.

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it.

2. Keep a healthy life, without great physical effort. Do moderate exercise (like walking) every day, eat well and get your sleep.

3. Don't abandon your hobbies. If you don't have any, make new ones. You can cook, read, dance, adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf, paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

4. Laugh. Laugh A LOT. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

5. Even if you don't feel like it, try to accept invitations. Birthdays, weddings, lunch dates, movies. Try to go. Get out of the house, see people you haven't seen in a while, experience something new (or something old).



Staff

April Sigman

Assistant Director

Anders Anderson

Steamboat Driver

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.



COOKING DEMO

Learn to make a new and easy dish. Join Ellyn for a cooking demo (with tasty samples)!

Thurs., Jan. 3rd 12:30 - 1:00

Use Our Medical Equipment

Have you had a recent surgery? Do you have a guest coming to visit who may need extra assistance? Do you need medical equipment -- long or short term? RCCOA has wheelchairs, walkers, canes, toilet riser seats, a shower transfer chair and a few other supplies available to borrow for **FREE**. Contact April for information or to pick up. 970.846.7890



We're having an art party!!

Mon., Jan. 28th 1:00 - 3:00 pm

Paint with instruction from Natalie Breitung!
Supplies, instruction and snacks included.
\$15 per person. Space is limited. Reservation required. 970.879.0633

**"If you can't fly, then run,
if you can't run, then walk,
if you can't walk, then crawl,
but whatever you do,
you have to keep moving forward."
~Martin Luther King Jr.**

RCCOA meal sites and offices will be closed Mon., Jan. 21st in observance of Martin Luther King Day. Frozen meals are available any time to take home.



Need a Ride?

RCCOA is pleased to offer close to 4300 rides annually to seniors. Winter is here and roads are icy, making the demand for our limited shuttle services very high. Since our drivers are likely on the road, please call the office number rather than drivers' 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 within city limits and \$3/each way outside city limits.

Shopping and Lunch in Craig, CO

Wed., January 9th 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



REACHING HIGH

Need Help Around the House?

We have heard from some of you that you could use help with things like changing light bulbs, moving items 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 take an hour to complete.

Our next "Reaching High" Day will be Wed, Jan. 23rd. Contact April with questions or requests. 970.879.0633

Letter continued from page 1.

6. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

9. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and difficult.

10. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

11. If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

12. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

13. Take **no** notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

REMEMBER: Life is too short to drink bad wine and warm beer.

Wishing you a Happy and Healthy New Year!

Pegi Simmerman

Pegi Simmerman, RCCOA Board President

Sarah Dawn Design

HAVE hope
TRY new things
BE active
SEE the good
SAY "I Love You," more
CHALLENGE yourself
CHOOSE to be happy
EAT better
ENJOY today
FORGIVE more readily
READ more often
BECOME your best you

**An optimist stays up until midnight
to see the new year in.
A pessimist stays up
to make sure the old year leaves.**

Bill Vaughan

Thank you to our 2019 Corporate Partners. These partners have donated \$500 or more for 2019 to support services of the Routt County Council on Aging and to raise awareness about fighting senior hunger and isolation in our community.

GOLD (\$2000+): Mountain Valley Bank and hearOclub

SILVER (\$1000): Alpine Bank and Yampa Valley Bank

BRONZE (\$500): Bank of the San Juans



**Mountain
Valley Bank**



Partnership is a Win-Win

RCCOA offers a Partnership Program where businesses can support RCCOA in exchange for promotional exposure. There are 3 Partnership levels: Gold (\$2000), Silver (\$1000) and Bronze (\$500). If that is not in your budget, Sponsor Lunch for a day. Buy lunch for up to 40 seniors with a day's sponsorship at \$125/day! Signage featuring your company is posted at the site on your day.

If your business would like to support senior programming in this way, please contact Meg or April at 970-879-0633.



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

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

Page 5

AGING WELL

January 2019

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 Jan. 1 - 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 Jan. 1 - 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

Thank You For Your Support!

THANK YOU ROUTT COUNTY!

Routt County purchases, maintains and fuels the shuttle busses for our transportation program. That is about \$20,000 annually in addition to the cost of purchasing the busses! We couldn't run this program without the support of Routt County and the county commissioners. Thank You!!

THANK YOU CITY OF STEAMBOAT!

The city of Steamboat Springs provides the use of the community center at no cost for RCCOA programs. This is vital for RCCOA, amounting to over \$30,000 annually in in-kind donations. Thank you city of Steamboat Springs!

THANK YOU COLORADO!

CO Gives Day was a HUGE success! We raised over \$15,000 in 24 hours! Thank you so much to everyone who donated. Your donation will greatly support Routt County seniors. Thank you Colorado!

THANK YOU TO ALL OUR DONORS!

Donations Received November 2018:

A.V. Hunter Trust

Julie Alkema

Tom and Pauline Bouchard

Bridging the Gap

Delectable Mountain Quilters Guild

Van and Katie Fletcher

HLCC Construction

William Kennedy

Scott and Ellyn Myller

Robert Sherwood

United Methodist Church Foundation

Yampa Valley Electric Association Operation Round Up



**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

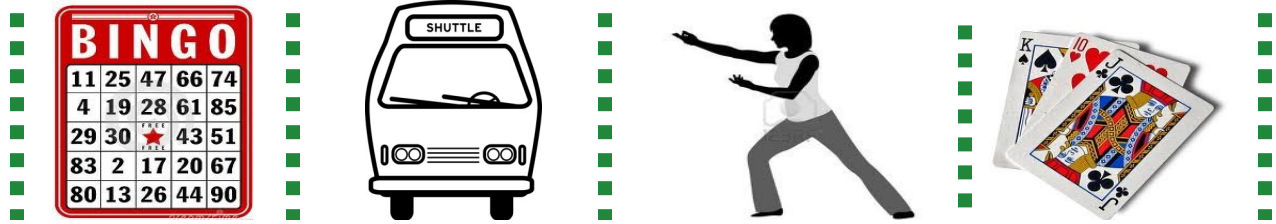
Mary Monger

Terri Reeves

Sharon Smith

Chris Stillwell

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.

JANUARY EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Bridge 1:00 Stmbt Wellness Clinic: S.R.	1 New Year's Day All Sites Closed	2 Bingo: 12:30 S.R.	3 Cooking Demo 12:30 Stmbt	4 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
7 Movie and Popcorn Bridge 1:00 Stmbt	8 Bridge 1:00 Stmbt	9 Bingo: 12:30 S.R. Shuttle to Craig	10	11 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
14 REPS - Mindy Fontaine, will talk about managing depression Bridge 1:00 Stmbt	15 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt	16 Bingo: 12:30 S.R.	17 Duplicate Bridge 1:00 Stmbt	18 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
21 Martin Luther King Day All Sites Closed	22 Bridge 1:00 Stmbt	23 Bingo: 12:30 S.R. Reaching High Volunteer Needs	24	25 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
28 Paint with instruction from Natalie Breitung -sign up required \$15 Bridge 1:00 Stmbt Wellness Clinic S.R.	29 Bridge 1:00 Stmbt Behind the Scenes at Tread of Pioneers Museum 3:00	30 Bingo: 12:30 S.R.	31	1 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.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Black Eyed Pea Stew Collards Corn Bread Tossed Salad Banana Peach Cobbler 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
7 French Dip Sandwich Twice Baked Potato Carrots Broccoli Salad Pumpkin Pie	8 Eggplant Parmesan Tossed Salad Wheat Roll Fruit Parfait	9 Pork Chop Stuffing California Veggies Italian Bread Tossed Salad Apple Pie	10 Pork Chop Stuffing California Veggies Italian Bread Tossed Salad Apple Pie	11 Chicken Fried Rice Stir Fry veggies Egg Roll Pear Apricots Cookie
14 Roasted Chicken Brown Rice Broccoli Corn Bread Tossed Salad Carrot Cake	15 London Broil Baked Potato Beets Tossed Salad Biscuit Peach Crisp	16 London Broil Baked Potato Beets Tossed Salad Biscuit Peach Crisp	17 Ham and Cheese Macaroni Brussels Sprouts Wheat Roll Waldorf Salad Chocolate Pudding	18 Shrimp Scampi Zucchini and Tomato Wheat Roll Caesar Salad Orange Banana Cake
21 MLK All Sites Closed	22 Flank Steak Roasted Potatoes Tossed Salad Green Beans Pears Key Lime Pie	23 Flank Steak Roasted Potatoes Tossed Salad Green Beans Pears Key Lime Pie	24 Ham and Cheese Sandwich Veggie Soup Crackers Asparagus Pears	25 Chicken and Rice Broccoli and Cheese Wheat Roll Carrot Salad Banana Pudding
28 Beef Fajita Spanish Rice Black Beans Corn Tossed Salad Cake	29 French Onion Soup Tuna Sandwich Bean Salad Blueberry Muffin	30 BBQ Chicken Mixed Veggies Sweet Potato Wheat Roll Spinach Salad Orange Sherbet	31 BBQ Chicken Mixed Veggies Sweet Potato Wheat Roll Spinach Salad Orange Sherbet	1 Pork Ribs Onion Rings Mixed Veggies Wheat Roll Tossed Salad Chocolate Chip Cookie

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