

JUNE SENIOR SCOOP

News and Views from the Council on Aging

June 2015

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To RCCOA Board Members, Consumers and Staff,

As many of you are aware, Chris and I lost our home and many of our belongings in a fire May 14th. We want to thank the staff, board members and consumers of RCCOA for all of your generosity through this very difficult time. We sincerely appreciate your gifts, encouragement, kind words, and prayers. This is an awesome group of people and we are very fortunate to be a part of this community. It is an honor to cook for you.

Sincerely thankful,
Toni Cratsley and
Chris Okonski



THANK YOU RCCOA DONORS!

Donations Received April 2015

Alpine Bank

Tyrone Lockhart

St. Martins Altar and Rosary Society

United Way



ROUTT COUNTY
COUNCIL ON AGING

Staff

Jackie Brown
Executive Director

Toni Cratsley
Steamboat & Hayden Cook

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Dave Reid
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Hayden Driver

Richard Vandecarr
Steamboat Driver

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Hayden Driver

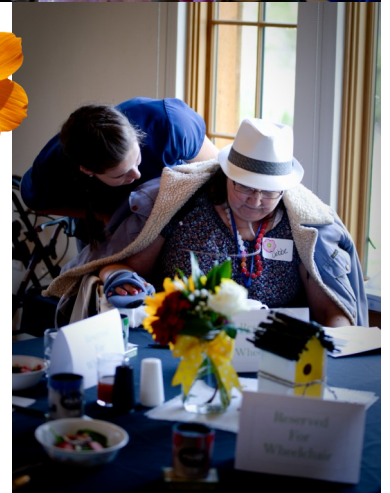
Charlotte Whaley
South Routt Kitchen Asst

Ginny Winn
Hayden Driver

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



Spring Fling
May, 2015





Seeing Clearly: Age-Related Macular Degeneration and Diet

Age-related macular degeneration (AMD) is a disease that gradually destroys the center area of vision, and usually disturbs facial recognition and reading. AMD affects the macula, which is the part of the eye that allows for seeing fine details. The macula is a small area in the center of the retina, which is the light-sensitive tissue at the back of the eye. Approximately 1.8 million Americans, 40 years of age and older are affected by AMD. An additional 7.3 million Americans are thought to be at risk of developing this disease. AMD is the most common cause of sight problems and irreversible blindness among older Americans.

Risk Factors for Age-Related Macular Degeneration include:

- Adults age 50 and older are at an increased risk, and this risk continues to increase with age
- Obesity: AMD may progress more quickly in those with higher bodyweights
- Caucasian/white race, is more likely to get AMD than other races, but no race is without risk
- Gender: it appears women are at greater risk than men
- Family history: people with a genetic history of AMD are thought to have a higher risk of developing AMD
- Hypertension, high blood cholesterol, and cardiovascular disease may increase the risk
- Those who smoke may be twice as likely as nonsmokers to develop AMD

Continued on page 5

Adult Protective Services —a department of Routt County Human Services



Abuse, neglect, and exploitation involving at-risk adults is a growing problem in the United States and Colorado is no exception. To help deal with this problem, each county department of human services in the state provides APS to their community. The main responsibility of APS is to provide protective services to stop or prevent the mistreatment or self-neglect of at-risk adults. APS works with a variety of agencies in the community to arrange services necessary for the health, safety, and welfare of at-risk adults.

When APS responds to a report of mistreatment or self-neglect the first step is to interview the at-risk adult and investigate the allegations. If the allegations are criminal in nature, APS works with local law enforcement and the District Attorney as part of their investigation. If the allegations are valid, and the at-risk adult accepts help, APS will set up protective services and find resources to help keep the at-risk adult safe. These services may include homemaker services, food delivery, medical services, home health care, and other support services. Family members will also be utilized, as appropriate. **The goal of any APS service is to keep the at-risk adult safe while helping him or her remain as independent as possible.**

If you suspect mistreatment, you should report the situation to Routt County Department of Human Services at 970-870-5533. Ask to speak to Adult Protection Intake. If calling about an emergency situation during non-business hours, contact Routt County Communication at 970-879-1090 to make the report.



FREE DINNER AND A MOVIE!!

**THURSDAY, JUNE 4
4:00PM**



Starring Ralph Fiennes as a concierge who teams up with one of his employees (Tony Revolori) to prove his innocence after he is framed for murder. The film won the Golden Globe Award for Best Motion Picture – Musical or Comedy and garnered three more Golden Globe Award nominations, including Best Director for Anderson. It also garnered nine Academy Award nominations, including Best Picture and Best Director.

Join us at the Steamboat Community Center for Pizza, and a showing of **The Grand Budapest Hotel**

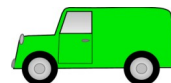
Please RSVP to 879-0633

Ride the RCCOA shuttle for a day of shopping, errands, lunch... in Craig, CO.

Monday, June 8th leaving Hayden at 10:00am and returning by 4:00pm

Wednesday, June 10th leaving the Steamboat Community Center at 10:00am and returning by 4:00pm

Space is limited. Reservations required. 970-879-0633
Suggested donation \$5



Please Share!

Our newsletter reaches at least 600 people in Routt County-most of them seniors. If you know of a service or program that would benefit them, we'd be glad to make note of it in the Senior Scoop, or have them present at a meal site. Please submit all items by the 15th. 970.879.0633 or email april@rccoaging.org.



Happy June Birthdays!

6-2	Patricia Crawford	6-26	June Dortch
6-3	Van Fletcher Bert Kempers	6-28	Connie Livengood Cathie Voorhees
6-5	Neva Ebaugh Marylin Frentress	6-30	Maybelle Chotvac
6-14	Pat King Joanne Stanko		
6-16	Joann Lombardi		
6-18	John Williams		
6-19	June Wright		



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.

A special Thank You to everyone who volunteers for us...

Meals on Wheels Delivery Drivers

Sandy Berger	Tosia Sauter
Tanna Brock	Tom Swissler
Marion Gibson	

Thank you to Barbara Bronner for arranging our Monday presentations.

May Speakers

High School Speech Team
Medication Management –Matt Johnson
City Council update– Scott Ford
Police Station Tour

Sudoku

		2		6	9	8		1
				5			2	
			8					9
9		3	7			2		8
6				9				3
4		1			3	7		6
7					4			
	4			7				
2		5	1	3		4		

Every **Sudoku** has a unique solution that can be reached logically. Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9.

Congratulations to our May Master Puzzle Solvers! Don Livengood and Louise Iacovetto

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.)



Seeing Clearly: continued from page 3

Include these foods more often in your daily eating for a healthier eye! The following are recommended sources:

Lutein and Zeaxanthin are present in most fruits and vegetables, but especially in dark, leafy greens such as spinach, kale and collard greens. Broccoli and brussel sprouts also contain some of these antioxidants. They are also found in some yellow and orange fruits and vegetables, such as corn, nectarines, oranges, papaya, sweet potatoes, pumpkin, and squash. Other good dietary sources of lutein and zeaxanthin are maize and egg yolks.



Omega-3 Fatty Acids are found in cold water fish such as salmon, herring, sardines, tuna and cod liver oil. Plant sources of Omega-3s are flaxseeds, walnuts, and dark, leafy vegetables.

Zinc is found in red meat, seafood, poultry, pork, oysters, eggs, nuts, tofu, baked beans, dairy products, whole grains, and wheat germ.

Vitamin C is found in citrus fruits (lemons, oranges, limes, and grapefruit), red peppers, tomatoes, and spinach.



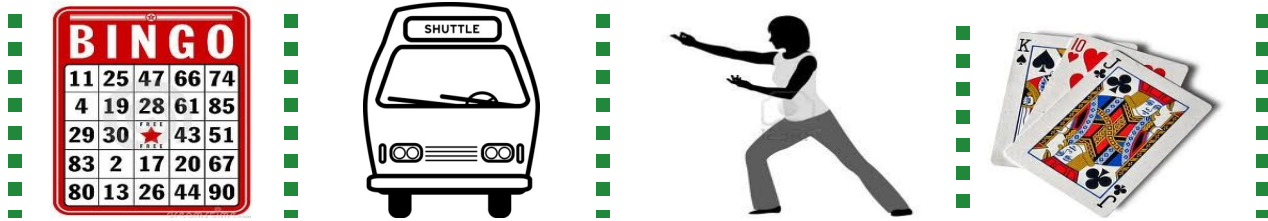
Vitamin E is found in nuts (such as almonds and peanuts), seeds vegetable oils, whole grains, wheat germ, fortified cereals, eggs, and sweet potatoes.

(adapted from Garfield County *Connection* Newsletter, April 2015)

SERVICES AND ACTIVITIES OF RCCOA



ROUTT COUNTY
COUNCIL ON AGING



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 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. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with the VNA. Please see page 8 for a calendar of classes, or call the VNA 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. For an appointment please call Melaine Hendershott MS, RD, CSO 303-503-2622 or email: melgonutrition@hotmail.com

SUPPORT OUR SENIORS



To subscribe to our monthly newsletter or see a calendar of events, please visit

www.rccoaging.org

The Easiest Way to Donate to RCCOA City Market Community Rewards®

City Market is committed to helping our communities grow and prosper. City Market Community Rewards® makes fund-raising easy...all you have to do is shop at City Market and swipe your Value Card!

To enroll visit:
<https://www.citymarket.com/topic/community/#/city-market-community-rewards>



“Like” us on Facebook



The Routt County Council on Aging can only achieve its goals with the assistance of generous donations from members and organizations of our community. Without these donations, serving those in our area would not be possible.

We’ve learned that exciting programming brings new people into our dining rooms for lunch and onto our vans for rides. In 2014, our core nutrition and transportation programs thrived. In our Steamboat dining room alone, we are serving an average of 25 seniors each day.

Since our organization relies on the generosity of individuals like you, we ask you to consider a donation to our cause. All gifts are meaningful!

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

AGING WELL EXERCISE CLASSES

Steamboat Community Center

Advanced Movement & Exercise

Mondays 10:30-11:30 am (No Class June 1)

Tai Chi for Health

Tuesdays 10:30-11:30 am (Practice the art)

**This is an ongoing class. If you are new to Tai Chi, call 871-7676 for information about getting started!*

Movement & Exercise

Thursdays 10:30-11:30 am

Balance Class

This class is taking a break until further notice

South Routt Community Center

Movement & Exercise

Mondays 10:45-11:45 am

Movement & Exercise

Wednesdays 10:45-11:45 am



**Foot care is now being offered at the
South Routt Medical Center**

Questions? Call Aging Well: 871-7676

FOOT CARE & SENIOR WELLNESS CLINICS

Foot Care Clinics: Registered nurses provide Foot Care at various locations. Clinics include a foot inspection and toe nail trim. You must have an appointment! **871-7676**. Suggested donation \$20.

STEAMBOAT SPRINGS

Steamboat Springs Community Center

8:30 am - 11:30: 2nd Tuesday of month

VNA Community Health Center

8:15 - 12:45 am: 4th Thursday of month

Oak Creek:

Oak Creek Community Center

9am - 3:15 pm: 3rd Monday of month

Oak Creek Senior Apartments

9:15 - 11:30 am: 1st Monday of month

(every other month: June, August, October, December)

HAYDEN

The Haven Community Center

1:15 - 2:45 pm: Every Wednesday

Senior Wellness Clinics are provided by registered nurses and include blood pressure checks, nutrition & weight consultations, blood glucose readings and more. Appointments not required.

STEAMBOAT SPRINGS

Mountain View Manor Senior Apartments

1:30 - 2:30 pm: 2nd Wednesday of month

Steamboat Springs Community Center

11:30 am - 12:30 pm: 3rd Tuesday of month

Selbe Senior Apartments

2:30 - 4pm: 4th Wednesday of month

OAK CREEK

Community Center

10:30 am - Noon: 4th Monday of month

HAYDEN

The Haven Community Center

9 am - Noon: 2nd & 4th Wed. of month

Clients receiving Title III program services are requested to make a donation of their financial ability.

No client will be refused services due to their inability to make a donation to the program.

JUNE EVENTS AND ANNOUNCEMENTS



Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 "The Gift of a Lifetime" Local author Sue Leonard will discuss her new book.	2 WII: 12:00 Stmbt Bridge: S.R.	3 Bingo: 12:30 S.R. Foot care: Haven	4 Pizza and a Movie: "The Grand Budapest Hotel" 4:00 pm	5 Bingo: 12:30 Stmbt
8 Steamboat Art Museum: Private Viewing of John Fawcett's work Hayden to Craig Shuttle	9 Foot care: Stmbt WII:12:00 Stmbt	10 Steamboat to Craig Shuttle Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	11	12 Bingo: 1:00 Stmbt
15 Rocky Mountain Youth Corps: Middle School Children will tell about their work in the community Foot Care: S.R.	16 Wellness Clinic: Stmbt WII :12:00 Stmbt Bridge: S.R.	17 Bingo: SR Foot care: Haven	18 Duplicate Bridge: Stmbt 9:00-4:00	19 Bingo: 12:30 Stmbt Senior Law Day: Stmbt
22 Lift Up Expansion: Laura Schmidt will talk about the expanded programs offered	23 WII: 12:00 Stmbt	24 Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	25	26 Bingo: 12:30 Stmbt 
29 Trip to the Home Ranch to visit Master Gardener, Adele Carlson, and learn about "garden to table" growing Wellness Clinic: S.R. **date change	30 WII:12:00 Stmbt Bridge: S.R.	1 Bingo: 12:30 S.R. Foot care: Haven	2	3 Closed in Observance of Independence Day

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 8 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
1 Baked Ham Cauliflower Mixed Veggies Wheat Roll Chocolate Chip Cookie	2 Fish Creole Rice Pilaf Coleslaw Italian Bread Pears Brownie	3 Cheeseburger Potato Salad Coleslaw Pears Cupcake	4 Cheeseburger Potato Salad Coleslaw Pears Cupcake	5 Teriyaki Chicken Brown Rice Mixed Veggies Kidney Beans Broccoli Brownie
8 Brisket Baked Beans Coleslaw Wheat Roll Oranges	9 Sub Sandwich Italian Pasta Salad Kidney Beans Peaches Watermelon	10 Red Beans/ Rice Cauliflower Broccoli Tossed Salad Wheat Bread Banana	11 Red Beans/ Rice Cauliflower Broccoli Tossed Salad Wheat Bread Banana	12 Turkey Pot Pie Chef Salad Wheat Bread Pears Cannolis
15 Baked Chicken Mashed Potato With Gravy Peas and Onions Italian Bread Fruit Cup	16 Lentil & Black Bean Soup Egg Salad Sandwich Crackers Mixed Fruit	17 Jambalaya Zucchini/Okra Brown Rice Tossed Salad Fruit Cup Banana	18 Jambalaya Zucchini/Okra Brown Rice Tossed Salad Fruit Cup Banana	19 Stuffed Peppers Scalloped Potato Mixed Veggie Pineapple Cake
22 Pork Roast Mashed Potatoes Broccoli Italian Bread Raspberries Sherbet	23 Meatball Sub Potatoes Tossed Salad Oranges Sherbet	24 Scalloped Potatoes With Ham Brussel Sprouts Hardboiled Egg Wheat Bread Peaches	25 Scalloped Potatoes With Ham Brussel Sprouts Hardboiled Egg Wheat Bread Peaches	26 Chicken, Black Bean Burrito Spanish Rice Squash Honeydew Melon
29 Roast Beef Mashed Potatoes Gravy Peas Texas Toast Fruit Parfait	30 BBQ Chicken Veggies Sweet Potato Wheat Roll Oranges	1 BBQ Chicken Veggies Sweet Potato Wheat Roll Oranges	2 Italian White Beans with Turkey Veggies Garlic Bread Fruit Cinnamon Roll	3 Closed in Observance of Independence Day

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