

MAY SENIOR SCOOP

News and Views from the Council on Aging



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**You're Invited to the
Spring Fling!!
Thursday, May 9th**

**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

Anders Anderson

Tanna Brock

Michelle Castleman

Michael Kenney

Clint Koler

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May 2019

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Steamboat Driver

Bill Gibbs
South Routt Driver

Chuck Girton
Hayden Driver

Don Livengood
Steamboat Kitchen Asst.

Ellyn Myller
Steamboat Driver

Cindy Porter
South Routt Cook

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.

PLANT YOUR OWN SALAD GARDEN

MON., MAY 6TH
12:30 - 1:30PM

FREE POT AND SUPPLIES PROVIDED



Enjoy a Picnic Lunch and Spend an afternoon at Fish Creek Falls.

Wednesday, May 22nd

Leaving from Steamboat Community Center at 11:00am and returning by 3:00pm. Picnic lunch included. Please RSVP, 970.879.0633, space is limited. \$5.00 suggested donation.

Shopping and Lunch in Craig, CO

Wed., May 8th 9:30 am - 4:30 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



United Way Day of Caring

Wednesday, May 22nd, 9:00am - 12:00pm

Do you need help with a project around your home? Spring cleaning, window washing, yard clean-up ...? Let April know by May 14th, and I will submit your project request to United Way volunteers. Contact April with questions. 879.0633 xt. 4



Sunday, May 12th

Here's to strong women, may we know them, may we be them, may we raise them. ~unknown

**Memorial Day
Monday,
May 27th**

**All Sites
Closed**

**Frozen meals are
available upon request
prior to the holiday.**



ELDERLY NUTRITION 101: FOODS TO KEEP YOU HEALTHY

Let us look at foods that are good for elderly people. Begin with the basics. By this, I mean have a balanced meal, or elderly nutrition program, which constitutes: carbohydrate-rich foods like sweet potatoes and brown rice, protein-rich foods like salmon and beans, fruits and vegetables (five portions a day).

Besides this, you can prepare meals rich in the following nutrients:

Foods High In Omega-3 Fatty Acids

These fatty acids are important for people of all ages including elderly people as they help prevent inflammation which can cause cancer, rheumatoid, arthritis, and heart disease. They can be found in fish such as tuna, mackerel, and salmon. They are also found in flaxseed, soybeans, canola oil, and walnuts. Nutritionists recommend a serving of omega-3 fatty acids twice a week.

Foods Rich in Calcium

Calcium helps our bodies build and maintain healthy bones. It has also been known to lower blood pressure. Unfortunately, surveys have shown that as we grow older we consume less calcium. The body's need for calcium is so essential that, if you are not getting enough calcium, it begins to reabsorb it from the bones. This makes your bones fragile and brittle leading to osteoporosis. Foods rich in calcium are mainly dairy products such as milk, yogurt, and cheese, as well as in leafy green vegetables and cereals fortified with calcium.

Foods Rich in Fiber

As we get older, our digestive system slows down. The walls of the gastrointestinal tract thicken and the contractions are slower and fewer which may lead to constipation. Foods rich in fiber promote proper digestion by moving food through the digestive tract. These foods have also been known to reduce the risk of heart disease. Foods rich in fiber include nuts, wholegrain cereal, wholegrain bread and pasta, brown rice, brown bread, fruits, and vegetables.

Water

According to a pyramid for older adults created by researchers from Tufts University, drinking eight glasses of water daily was next to physical activity in importance to health. As you age, your body's ability to conserve water decreases, so you don't feel thirsty as often. However, your body still needs water. Dehydration causes drowsiness and confusion among other side effects, so it is essential to stay hydrated. If you are taking the recommended high fiber diet, you need to drink a lot of water. This is because fiber absorbs plenty of water. To read the full article go to <https://www.aging.com/elderly-nutrition-101-10-foods-to-keep-you-healthy/>.

This Spring, I plan to challenge myself to enjoy simple things. I plan to take time to feel like a kid again, embrace activities with friends, make a new friend. I would like to invite each of you to join me in this challenge.

There will be a chart posted at each meal site for you to sign up and mark off all of the activities you complete. At the end of June, there will be prizes for whoever completes the most activities.

Let's have fun trying new things and experiencing things we may have forgotten!

Happy Spring!!

Pegi Simmerman

Pegi Simmerman
RCCOA Board President

SPRING BUCKET LIST

☐ Make a Bird Feeder ☐ Visit a Farm ☐ Fly a Kite
☐ Go on a Nature Hunt ☐ Decorate Easter Eggs
☐ Swing at the Playground ☐ Jump in the Puddles
☐ Plant Flowers ☐ Eat Ice Cream ☐ Go for a Bike Ride
☐ Game Night ☐ Feed the Ducks ☐ BBQ Dinner
☐ Look at the Stars ☐ Go to the Farmer's Market
☐ Blow Bubbles ☐ Paint a Rainbow ☐ Wash the Car
☐ Draw with Sidewalk Chalk ☐ Make Homemade Play-Doh
☐ Have an Outdoor Tea Party
☐ Read Books Outside ☐ Look for Insects ☐ Spring Clean
☐ Play Tag ☐ Watch the Sunrise ☐ Watch the Sunset
☐ Look for Four Leaf Clovers ☐ Family Movie Night
☐ Spring Crafting Day ☐ Eat Dirt Pudding
☐ Go Bird Watching ☐ Play Catch ☐ Go to a Museum
☐ Jump Rope ☐ Visit the Library ☐ Paint Rocks
☐ Bake Cupcakes ☐ Paint Together ☐ Play with Water Beads
☐ Have a Picnic at the Park
☐ Go Barefoot in the Grass ☐ Look for Shapes in the Clouds
☐ Hunt for Bugs ☐ Visit a New Park
☐ Play Go Fish ☐ Shaving Cream Play ☐ Go for a Run
☐ Make a Paper Airplane ☐ Play Hopscotch



Spring Fling Luau!!

Thursday, May 9th, 11:30am - 1:30pm
Steamboat Community Center

Luau Dancers, Music, Photo Booth

Serving Huli Huli Chicken, Island Fried Rice, Hawaiian Mixed Veggies, Mango Bread, Coconut Cupcakes

RSVP for Lunch and Transportation 970.879.0633





Do You Need to Borrow 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. 970.879.0633 xt. 4



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.

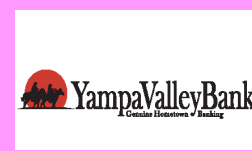
GOLD (\$2000+): Mountain Valley Bank and hearOclub

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

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



Mountain Valley Bank



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

Thank You For Your Support!

THANK YOU TO ALL OUR DONORS! Donations Received March 2019

Julie Alkema
John Armiger
Bridging the Gap
City of Steamboat Springs
Garry Dulin
Exxon Mobile Foundation
Katherine Gourley
Ralph Gourley
HLCC Construction Company
Julie Lind
Dorothy Nordstrom

Mick O'Hara
Marilyn Page
Phippsburg Community Club
Pinnacol Assurance
Jane and Bud Romberg
Routt County
Pegi Simmerman
Diana Simon
Michele Thomas
Leonarda VanDerWerf



Thank You

*Steamboat Bridge Club for your donation
in memory of Ricky McClung.*

Tree of Life Remembers

An RCCOA memorial donation is the perfect way to honor a friend or family member that has passed away. Make a donation of \$100 or more and the name of your loved one will grace a leaf on our tree. Pay by cash or credit card online and note for whom the donation is remembering.

AGING WELL

May 2019

FITNESS CLASSES

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

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

Beginning 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

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

SOUTH ROUTT

Movement and Exercise
Mondays, 10:45 - 11:45 am
South Routt Community Center

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

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

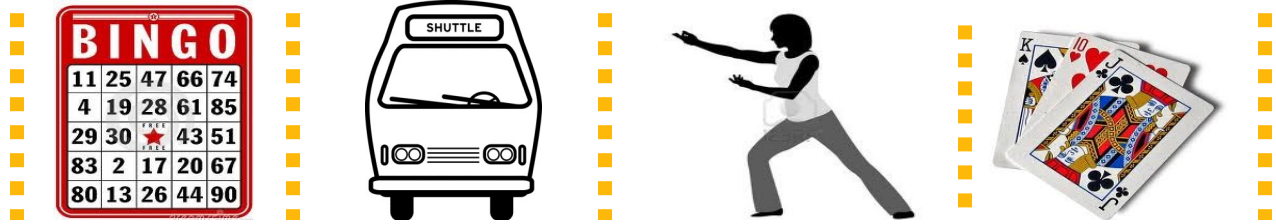
**Steamboat Community Center: Please call
970-870-4146 for appointment. (\$20 donation)**

**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.**

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 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 by request. For an appointment please call 970-879-0633 xt 4.

MAY EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Benefits of Gardening -Holly Rogers, Master Gardener Bridge 1:00 Stmbt Wellness Clinic S.R.	30 Bridge 1:00 Stmbt Caregiver Support Program - Nancy McStay Hayden	1 Bingo: 12:30 S.R.	2	3 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
6 Plant Your Own Salad Garden Bridge 1:00 Stmbt	7 Bridge 1:00 Stmbt	8 Bingo: 12:30 S.R. Shuttle to Craig	9 Spring Fling	10 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
13 Guitar for Arthritis - Ted Crook Bridge 1:00 Stmbt	14 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt	15 Bingo: 12:30 S.R.	16 Duplicate Bridge 1:00 Stmbt	17 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
20 Bridge 1:00 Stmbt	21 Bridge 1:00 Stmbt	22 Bingo: 12:30 S.R. Field Trip to Fish Creek Falls United Way Day of Caring	23	24 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
27 Memorial Day All Sites Closed	28 Bridge 1:00 Stmbt	29 Bingo: 12:30 S.R.	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 7 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
29 Cheese Ravioli Italian Veggies Italian Bread Bean Salad Banana Wheat Muffin	30 Meatloaf Mashed Potatoes Gravy Green Beans Biscuit Tossed Salad Chocolate Cake	1 Meatloaf Mashed Potatoes Gravy Green Beans Biscuit Tossed Salad Chocolate Cake	2 Pork Chow Mein Brown Rice Egg Roll Asian Salad Pineapple Cottage Cheese	3 Chicken Quesadilla Minestrone Soup Tossed Salad Cake
6 Sloppy Joe Sweet Potato Cauliflower and Broccoli Tossed Salad Ice Cream Sandwich	7 Crab Cakes Potato Broccoli Soup Crackers Chef Salad w Turkey Lemon Bar	8 Crab Cakes Potato Broccoli Soup Crackers Chef Salad w Turkey Lemon Bar	9 Huli Huli Chicken Island Fried Rice Hawaiian Mixed Veggies Mango Bread Tropical Salad Coconut Cupcake	10 Pork Stir Fry Cauliflower Spinach Salad w/ Mandarin Oranges Egg Roll Peaches
13 Teriyaki Chicken Lo Mein Noodles Stir Fry Veggies Egg Roll Salad Fruit Cocktail	14 Broccoli Cheese Casserole Peas and Carrots Wheat Roll Tossed Salad Pineapple/Pears/ Nuts	15 Brisket Sweet Potato Broccoli Wheat Roll Tossed Salad Ice Cream Sandwich	16 Brisket Sweet Potato Broccoli Wheat Roll Tossed Salad Ice Cream Sandwich	17 Pizza Garbanzo Beans Raisins Tossed Salad Peanut Butter Bars
20 Smothered Chicken Burrito Spanish Rice Green Salad Banana Ice Cream	21 Flank Steak Roasted Red Peppers Green Beans Garlic Bread Tossed Salad Pears Key Lime Pie	22 Flank Steak Roasted Red Peppers Green Beans Garlic Bread Tossed Salad Pears Key Lime Pie	23 Cajun Catfish Yams Corn Apple Cran Coleslaw Tossed Salad Hush Puppies Cake	24 Bratwursts Sauerkraut Beets Tossed Salad Strawberries Bananas
27 Memorial Day All Sites Closed	28 Beef Tips Mashed Potatoes Gravy Carrots Wheat Roll Salad Strawberries	29 Beef Tips Mashed Potatoes Gravy Carrots Wheat Roll Salad Strawberries	30 Chicken Curry Brown Rice Egg Roll Jicama Mango Salad Pumpkin Pie	31 Black Bean Burger Peas Zucchini Coleslaw Chocolate Chip Cookie

Please call 970-879-0633 24 hours in advance for reservations.