

SEPTEMBER SENIOR SCOOP

News and Views from the Council on Aging



Meg Tully
Executive Director

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

Julie Alkema
Bridge in Steamboat
Bridging the Gap
Jim and Louis Davidson
Catherine Lykken in memory of
Bruce Lindahl
Virginia W. Hill Foundation
Vivian Raynor
Routt County United Way



We can't thank this amazing community enough for contributing to our 2nd annual rummage sale in August! With all of your help we raised almost \$6,500. Over 100 families donated items, we saw more than 300 shoppers in 2 days, and 34 wonderful volunteers contributed 226 hours! What a great team!!!
THANK YOU SO MUCH!



September 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.

Executive Director's Message

Even though the year is winding down, we've still got a lot in store for you at RCCOA! From Fall Foliage Tours, field trips to Craig, themed lunches for Halloween and Thanksgiving, the annual Holiday Party, Monday speakers and more, the rest of the year is packed with fun stuff.

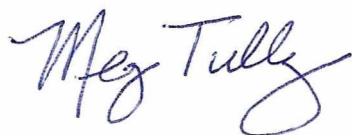
We're bringing back the Senior Awards Program, which recognizes folks in the community that have given of themselves to help seniors. If you know of anyone that is deserving of this recognition, please complete the nomination form included in this newsletter and return to me by October 8.

In order to offer all of these great services, we depend heavily on grants and community donations, since we are a private non-profit organization. A combination of reduced grant monies over the past two years, lower than anticipated client contributions for lunches and rising food costs have made it necessary for us to approach many new possible grant entities. Our fingers are crossed!

In addition, we're excited to announce the RCCOA Endowment Fund that will be managed by the Yampa Valley Community Foundation (YVCF). You can start contributing towards this fund right now by contacting me at 970-879-0633 or meg@rccoaging.org. As soon as we raise \$10,000, the YVCF will match that with another \$10,000! A percentage of the interest accumulated from the fund will be used to sustain RCCOA's annual operating budget. So by giving to the Endowment, you ensure sustainability for both today's and tomorrow's services.

A client recently told me: "This place makes me feel alive." Now that's an impact! We need your help to continue being such a positive force in the community. As we enter this season of giving, please give what you are able to. Every amount makes a difference.

Thanking you in advance and wishing you a fantastic Fall,



Meg Tully, Executive Director



Help reduce our use of paper. Subscribe to our monthly newsletter or see a calendar of events and menus online, please visit www.rccoaging.org.



To see photos and more happening events:
"Like" us on Facebook

Fall Foliage Trips

RCCOA shuttles will be taking in the scenery once again this fall.

Wednesday, September 19th, 9:30am - 4:30pm

South Routt and Steamboat Shuttles will go to Trappers's Lake

Monday, September 24th, 9:30am - 3:00pm

The Haven residents and Hayden residents Shuttle leaving from the Haven

Space is limited, Contact April for reservations and details.

970-879-0633 xt 4

A Day Out in Craig, CO Wed., September 12th

9:30 am - 4:00 pm

Join us for shopping, lunch and errands. Space is limited. Suggested donation of \$5 for those 60 and better. Please RSVP to April at least 48 hours in advance.

970-879-0633



Meeting Your Nutritional Needs as You Age

From healthy fats to fiber, aging bodies need certain foods to promote good health. There's no question about it: Our bodies change as we age. In turn, seniors have very different nutritional needs than teenagers, children, and even middle-aged adults. Age-related changes can affect how your body processes food, which influences your dietary needs and affects your appetite. These are some of the changes:

Your metabolism slows down. This happens naturally, but it becomes more pronounced if you don't get as much exercise as you should. When your metabolism slows, your body doesn't burn as many calories, which means you need to eat less to stay at a healthy weight. As a result, the foods you eat should be as nutrient-rich as possible. Most women with average activity levels need about 1,800 calories per day. Men with an average activity level need about 2,300 calories each day.

Your digestive system changes. Your body produces less of the fluids that it needs to process food in your digestive system when you get older. These changes can make it harder for your body to absorb important nutrients like folic acid and vitamins B6 and B12.

Your appetite may change. Many seniors take one or more medications for health conditions; these can cause side effects, such as a lack of appetite or upset stomach, which can lead to poor nutrition.

Your emotional health may be affected. Seniors who feel depressed or lonely often lose interest in eating. On the other hand, emotional issues may cause some people to eat more and gain unwanted pounds.

Continued on page 4.

Healthy Eating Plans for Seniors

A healthy diet packed with vital nutrients can help ward off potential health problems that are common in senior citizens, like constipation, heart problems, diabetes, high blood pressure, and high cholesterol. Nutritious foods will also help you maintain a healthy weight and can work wonders for your energy level. As you make food choices to improve your nutrition, keep these tips in mind:

Stick to healthy fats. Choose healthy fats found in seeds, nuts, avocados, fatty fish, and vegetable oils rather than saturated fats and trans fats.

Drink up. Water, of course. To stay hydrated, drink a lot of water and non-caffeinated beverages and eat foods with high water content (like soups, cucumbers, grapes, and melons) unless instructed otherwise by your doctor.

“Rough up” your diet. Include a variety of high-fiber foods every day, such as raw fruits and vegetables and whole grains. These foods help cut down on constipation; provide the vitamins, minerals, fiber, and nutrients that you need for healthy aging; help maintain your weight; and reduce your risk of heart problems. If you’re not sure you’re getting enough fiber, talk to your doctor about supplements.

Pack in protein. Power your body with lean proteins like beans, eggs, chicken and fish, lean meats, and nuts.

Remember that calcium is critical. Everyone needs calcium to protect bone health, but seniors should really bone up on calcium-rich foods like low-fat dairy products. A calcium supplement, usually paired with vitamin D (its partner in bone building) can also help you get what you need.

<https://commhealthcare.com/category/nutrition-guides/>

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

Meals on Wheels Delivery Drivers

Tanna Brock
Ashley 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!



Labor Day Fun Quiz

When was the first Labor Day celebrated in the U.S?

- ☐ 1901 ☐ 1882 ☐ 1817 ☐ 1945

Where was the first Labor Day parade held?

- ☐ Washington, DC
☐ Boston
☐ Chicago
☐ New York
☐ Las Vegas

When was the earliest recorded strike in the US?

- ☐ 1865 in Philadelphia
☐ 1768 in New York
☐ 1904 in Chicago
☐ 1776 in Boston

When was the American Federation of Labor founded?

- ☐ 1880 ☐ 1886 ☐ 1932 ☐ 1776

What was the original federal minimum wage?

- ☐ \$.75/hr
☐ \$1.25/hr
☐ \$.25/hr
☐ \$2.75/hr



What is the current federal minimum wage?

- ☐ \$5.95/hr
☐ \$7.25/hr
☐ \$7.95/hr
☐ \$8.15/hr

What is the current Colorado minimum wage?

- ☐ \$9.95/hr
☐ \$10.20/hr
☐ \$7.25/hr
☐ \$11.00/hr

RCCOA will be **closed Monday, September 3rd for Labor Day. Frozen meals are available prior to the holiday weekend. Let April know if you are interested.**

AGING WELL

September 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

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



Routt County Council on Aging nomination form for

2018 Senior Awards

Awards will be voted on by the RCCOA Board and presented at the RCCOA annual Holiday Party in December 2018 at the Steamboat Springs Community Center



Nominee Information

I am nominating this candidate for:

____ **Senior Helping Seniors Award:** an adult 60 or older who has dedicated him/herself in the past year to helping other older adults and whose exemplary service, peer relationships, and contribution of leadership, knowledge, skills and time have made a difference in the community (two people, such as a couple, may be nominated)

____ **Friend of Seniors:** an individual, business, agency or organization whose relationships and specific contributions/service have positively impacted older adults in the community in the past year; a facilitator of positive change to make the community aging-friendly and a better place to live.

Nominee Name(s): _____

Nominee Address: _____

Nominee Phone #/Email: _____

Nominee's activities/accomplishments as they pertain to this award (include additional sheets, if necessary)

Why do you believe this nominee should receive the award? (include additional sheets, if necessary)

Please tell us about yourself

Your Name: _____

Your Address: _____

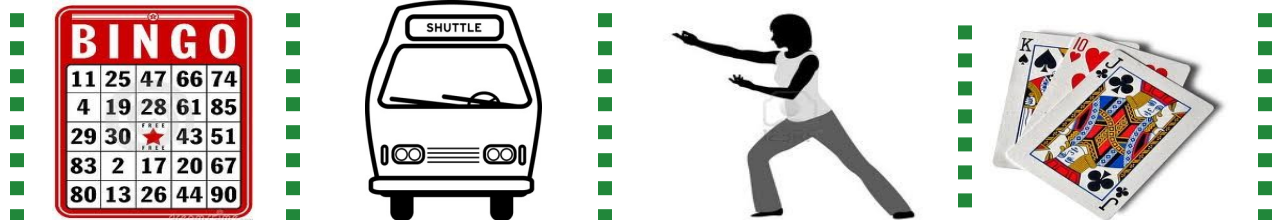
Your Phone #/Email: _____

Please return this form by October 8, 2018

Routt County Council on Aging / P.O. Box 770207 Steamboat Springs, CO 80477 / 970.879.0633

meg@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.

SEPTEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Labor Day</p> <p>All Sites Closed</p>	<p>4</p> <p>Bridge 1:00 Stmbt</p>	<p>5</p> <p>Bingo: 12:30 S.R.</p>	<p>6</p>	<p>7</p> <p>Bridge 1:00 Stmbt</p>
<p>10</p> <p>Meg Tully: Surviving Mt. Rainier</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>Shuttle to Craig</p> <p>Bingo 12:30 S.R.</p> <p>Foot care & Wellness Clinic: Haven</p>	<p>13</p>	<p>14</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>17</p> <p>Ted Crook plays the Ukulele</p> <p>Bridge 1:00 Stmbt</p>	<p>18</p> <p>Wellness Clinic: Stmbt</p> <p>Bridge 1:00 Stmbt</p>	<p>19</p> <p>Fall Foliage Trip</p> <p>Bingo 12:30 S.R.</p> <p>Foot care: Haven</p>	<p>20</p> <p>Duplicate Bridge 1:00 Stmbt</p>	<p>21</p> <p>AARP Smart Driver</p> <p>Bingo 1:00 Stmbt</p> <p>Bridge 1:00 Stmbt</p>
<p>24</p> <p>Emily Osgood: Reverse Mortgages and Ask A Lawyer</p> <p>Bridge 1:00 Stmbt</p> <p>Wellness Clinic: S.R.</p> <p>Fall Foliage Trip</p>	<p>25</p> <p>Bridge 1:00 Stmbt</p> <p>Bridge: S.R.</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>

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 Labor Day All Sites Closed	4 Baked Potato Bar Chili Broccoli Carrot, Raisin Salad White Chocolate Raspberry Bar	5 Baked Ham Sweet Potato Mixed Veggies Wheat Roll Tossed Salad Pineapple Sugar Cookie	6 Baked Ham Sweet Potato Mixed Veggies Wheat Roll Tossed Salad Pineapple Sugar Cookie	7 Chicken Teriyaki Brown Rice Kidney Beans Mixed Veggies Tossed Salad Brownie
10 BBQ Chicken Sandwich French Fries Apple Tossed Salad Oatmeal Cookie	11 Fish Creole Rice Coleslaw French Bread Pears Blond Brownie	12 Split Pea Soup Chef Salad with Chicken Crackers Grapes Peanut Butter Cookie	13 Split Pea Soup Chef Salad with Chicken Crackers Grapes Peanut Butter Cookie	14 Mongolian Beef Lo Mein Noodles Asian Slaw Wheat Roll Apricots Fortune Cookie
17 Lasagna Spinach Italian Bread Caesar Salad Banana	18 Roasted Chicken Roasted Potatoes Squash Garden Salad Brownie	19 Pork Loin Roasted Potatoes Corn Wheat Roll Green Salad Blueberries and Strawberries	20 Pork Loin Roasted Potatoes Corn Wheat Roll Green Salad Blueberries and Strawberries	21 Beef Stroganoff Spinach Sweet Potatoes Italian Bread Tossed Salad Cookie
24 Pizza Tossed Salad Garbanzo Beans Raisins Crème Puffs	25 Shrimp Skewers Rice Roasted Veggies Tossed Salad Wheat Roll Pears	26 Chicken with Mushroom Sauce Potatoes Green Beans Tossed Salad Carrot Cake	27 Chicken with Mushroom Sauce Potatoes Green Beans Tossed Salad Carrot Cake	28 Beef Stew Sourdough Bread Spinach Salad Zucchini Bread

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