

SEPTEMBER SENIOR SCOOP

News and Views from the Council on Aging



ROUTT COUNTY
COUNCIL ON AGING

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Fall Fun at RCCOA

Fall is just around the corner, and this colorful season brings with it some fun programs and activities at RCCOA.

Reserve your space now for the Fall Foliage Tours, and consider enrolling in the next Matter of Balance class. Space is limited for both activities, so sign up now, and bring a friend!

It's time also to recognize the best of the best with the Senior Awards. Who do you know that goes out of their way to help you? Who brings that extra spark to your day? Help us recognize those that make your world better by using the nomination form on the next page. Nominations are due October 9.

Thank you for supporting RCCOA and the work we do. As the weather gets cooler and the leaves begin to change, we wish you all a fabulous Fall!

Cheers!

Meg Tully, Executive Director

September 2019

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April Sigman

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Steamboat & Hayden

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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.



Routt County Council on Aging nomination form for

2019 Senior Awards

Awards will be voted on by the RCCOA Board and presented at the RCCOA annual Holiday Party in December 2019 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 9, 2019

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

meg@rccoaging.org

LABOR DAY



Have we forgotten the true meaning of Labor Day?

Does anyone know why we celebrate Labor Day? Is it because it marks the last weekend of Summer and the start of the school year? A reason to get with family and friends for a barbeque? I did a little research.....

The first Labor Day occurred in 1882 in New York City under the direction of that City's Central Labor Union. Labor Day came about because workers felt they were spending too many hours and days on the job (sound familiar?) In the 1830s, manufacturing workers were putting in 70-hour weeks on average. Sixty years later, in 1890, hours of work had dropped, although the average manufacturing worker still toiled in a factory 60 hours a week.

These long working hours caused many union organizers to focus on winning a shorter eight-hour work day. They also focused on getting workers more days off, such as the Labor Day holiday, and reducing the workweek to just six days. Shortening the work week was one way of turning the working class into the consuming class.

Today Labor Day is no longer about trade unionists marching down the street with banners and their tools of trade. Instead it is a confused holiday with no associated rituals. The original holiday was meant to handle a problem of long working hours and not time off. This issue is starting to come back with a vengeance, not for manufacturing workers, but for all working trades who are constantly connected to work.

Whether you are working or are retired, honor the original spirit of Labor Day. Give yourself the day off. Don't go in to work, don't do housework, yard work or other "chores." Shut off your phone, your computer or other devices connecting you to your daily grind. Then go to a barbecue and celebrate having at least one day off from work during the year.

Happy Labor Day!

Pegi Simmerman

Pegi Simmerman, RCCOA Board President

IMPORTANT ANNOUNCEMENTS!

The Steamboat Community Center will be CLOSED Thurs., Sept. 19th, ALL DAY. Lunch will be served at the Mesa Schoolhouse. PLEASE RSVP for lunch. See Meg with questions.

RCCOA will be closed Monday, September 2nd for Labor Day. Frozen meals are available prior to the holiday weekend. Let April know if you are interested.

Fall Foliage Trips: RCCOA shuttles will be taking in the scenery once again this fall. Trip destinations will be determined the week of travel, depending on seasonal color change.

Monday, September 23th 9:30am - 3:00pm

Shuttle leaving from the Haven

Wednesday, September 25th 9:30am - 3:00pm

Shuttle leaving from the
Steamboat Community Center

Thursday, September 26th 9:30am - 3:00pm

Shuttle leaving from the
Oak Creek Community Center

**Space is limited. Contact April for
reservations and details.**

970-879-0633 xt. 4

**Shopping and Lunch in Craig
Wed., September 11th**

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. Please RSVP to April at least 48 hours in advance. 970-879-0633



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Classes will be held twice a week for 4 weeks for 2 hours each beginning September 23rd.

Mondays 1:30-3:30pm and Fridays 9:30-11:30am

Space is limited. Please commit to attending all scheduled classes. For more information or to register, please call 970.879.0633.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

This class is FREE and sponsored by a grant from the Rocky Mountain Health Foundation.

GONE TO BED

With two frosts in my backyard and Labor Day upon us, I think that the growing season is coming to a close. It was an unusual growing season for many gardeners in Routt County. The season began about ten days late for most of us but ran an extra ten days past the first frost date in August. The beds around the Center that we began growing gave us a small harvest. In late August, you may have enjoyed an Asian Salad with Chinese Cabbage that we grew, and I hope you noticed the green beans in your tossed salad that came from our garden as well. There are still yellow squash and potatoes growing and plenty of mint and chives. Those of us tending the beds have learned from this year's observations what works or not and are already thinking about adjustments for next year to make the beds even more beneficial. I hope you will get involved. I've been grateful for whatever has come out of my garden, and it's always a joy just to see things grow! Thank you to Holly Rogers, Vi Look, April Sigman, Jo Smith for keeping the plants watered and to the City of Steamboat Springs for sponsoring this project.



Gardening is good for the soul! See you next year in the gardens.
Ellyn Myller ~

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

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

Other Volunteer Efforts

Tanna Brock
Michelle Castleman
Michael Kenney
Clint Koler
Mary Monger

Terri Reeves
Sharon Smith
Chris Stillwell

thank
YOU

To see photos and more happening events: **“Like” us on Facebook**



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.



SERVICES AND ACTIVITIES OF RCCOA



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. The fee for those under 60 is \$10.00.

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

Reservations requested 24 hours in advance. Call 970.879.0633

Meals on Wheels

RCCOA's Meals on Wheels provides 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. 970.879.0633**

Need A Ride? Call Us.

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, going to the pharmacy or other errands. All of our shuttles are wheelchair accessible.

The recommended contribution is \$2 per trip in city limits or \$3 per trip outside of city limits.

Reservations are required 48 hours in advance.

Contact April for information or a reservation. 970.879.0633 xt. 4



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.

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, 970-871-7676.

Nutrition Counseling

The Council on Aging provides this service for our seniors by request. For an appointment, please call 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 For Your Support!

THANK YOU TO ALL OUR DONORS!

Donations Received July 2019

Julie Alkema
Bridge Players Benevolent Fund
Bridging the Gap
Steamboat Bridge Group
City of Steamboat Springs
HLCC Construction Company
Ron Kashner
Alex King
Routt County
Jack Sprengle
Leonarda VanDerWerf

Thank you! ♥

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.

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



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

September 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, 10:30 - 11:30 am
Stmbt. Community Center

Movement & Exercise

Mondays, 2:30 - 3:30 pm
Mount View Manor Apts.

Movement & Exercise

Wed. 2:30 - 3:30 pm
Selbe Apartments

Movement & Exercise

Thursdays, 10:30 - 11:30 am
Stmbt. Community Center
ATTN: NO CLASS SEPT. 19

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.**

SEPTEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day All Sites Closed	3 Bridge 1:00 Stmbt Art Class 1:30 Stmbt	4 Erin Miller; CO SNAP, Nutrition Assistance Bingo: 12:30 S.R.	5	6 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
9 Bridge 1:00 Stmbt	10 Bridge 1:00 Stmbt	11 Bingo: 12:30 S.R. Shuttle to Craig	12	13 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
16 Bridge 1:00 Stmbt	17 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt	18 Bingo: 12:30 S.R.	19 Steamboat Community Center Closed. Lunch at the Mesa School House.	20 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
23 Fall Prevention Awareness Week A Matter of Balance 1:30—3:30 Bridge 1:00 Stmbt Fall Foliage Trip Hayden Shuttle	24 Bridge 1:00 Stmbt	25 Bingo: 12:30 S.R. Fall Foliage Trip Steamboat Shuttle	26 Fall Foliage Trip South Routt Shuttle	27 A Matter of Balance 9:30—11:30 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
30 A Matter of Balance 1:30—3:30 Bridge 1:00 Stmbt	1 Bridge 1:00 Stmbt	2 Bingo: 12:30 S.R.	3	4 A Matter of Balance 9:30—11:30 Bingo 1:00 Stmbt Bridge 1:00 Stmbt

Steamboat South Routt	Steamboat Hayden	South Routt	Steamboat Hayden	Steamboat South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day All Sites Closed	3 Brisket Baked Beans Broccoli Wheat Roll Coleslaw Orange Key Lime Pie	4 Brisket Baked Beans Broccoli Wheat Roll Coleslaw Orange Key Lime Pie	5 Baked Chicken Mashed Potatoes Broccoli Wheat Roll Tossed Salad Apple Vanilla Cupcakes	6 Chef Salad Tomato Basil Soup Wheat Roll Banana Oatmeal Raisin Cookie
9 Meatball Sub Spinach Italian Pasta Salad Fruit Oatmeal Cookie	10 Chicken Lo Mein Egg Roll Broccoli Salad Pineapple Brownie	11 Pork Ribs Polenta Carrots Wheat Roll Tossed Salad Pecan Pie	12 Pork Ribs Polenta Carrots Wheat Roll Tossed Salad Pecan Pie	13 Bean and Cheese Burrito Spanish Rice Tossed Salad Pineapple
16 Chicken Strips Sweet Potatoes Mixed Veggies Wheat Roll Pasta Salad Fruit Salad	17 Beef Fajita Rice Corn Mexi Salad Banana Carrot Cake Cookie	18 Beef Fajita Rice Corn Mexi Salad Banana Carrot Cake Cookie	19 Ham and Cheese Sandwich Chips Apple Cookie @ Mesa School House	20 Catfish Callard Greens Black Eyed Peas Cornbread Coleslaw Trail Mix Cookie
23 Tuna Casserole Mixed Veggies Wheat Roll Tossed Salad Orange Fruit and Jello	24 Chicken Noodle Soup Grilled Cheese Tossed Salad Banana Vanilla Cupcake	25 Chicken Noodle Soup Grilled Cheese Tossed Salad Banana Vanilla Cupcake	26 Liver and Onions Mashed Potatoes Glazed Carrots Garlic Bread Waldorf Salad Apple Sauce	27 Ham and Scalloped Potatoes Green Beans Wheat Roll Tossed Salad Strawberries and Banana
30 Vegetable Barley Soup Egg Salad Sandwich Waldorf Salad Cottage Cheese Mixed Fruit	1 Sloppy Joe Tater Tots Brussels Sprouts Coleslaw Mixed Fruit	2 Sloppy Joe Tater Tots Brussels Sprouts Coleslaw Mixed Fruit	3 Chicken with Mushroom Sauce Mashed Potatoes Mixed Veggies Spinach Salad Wheat Roll Chocolate Cake	4 Ham and Beans Broccoli Carrots Cornbread Apple Sauce Peanut Butter Cookie

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