



October SENIOR SCOOP

News and Views from the Council on Aging



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RCCOA Friends:

I saw the above saying and felt it was right for my last post in the newsletter. Being President for the past 2 years was my purpose. It has been my pleasure, and although I am not going to be President, I am pleased to serve on the Board for 1 more year as Past President. I know Jim McGee will do an outstanding job as your President.

Pegi Simmerman

RCCOA Board President

October 2019

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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.



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

How to Keep Your Bones Strong as You Age

By Peter Jaret FROM THE WEBMD ARCHIVES

It's true that we lose bone as we age. Bone loss can cause osteoporosis, where bones become so thin that they break. Fractures from osteoporosis are a leading cause of disability. The good news: Osteoporosis isn't a natural part of aging -- there's plenty you can do to keep your bones strong and healthy. The first step is getting all the nutrients you need for proper bone growth. "A healthy diet can significantly reduce the risk of bone loss and osteoporosis," says Kathleen Zelman, RD, director of nutrition for WebMD. "It's never too late to start."

2 Critical Nutrients for Bones: Calcium and Vitamin D

Calcium is a crucial building block of bone tissue. Vitamin D helps the body absorb and process calcium. Together, these two nutrients are the cornerstone of healthy bones.

The Institute of Medicine recommends 1,000 mg of calcium a day for most adults and 1,200 mg/day for women after menopause and men after 70. Milk and other dairy products are excellent natural sources of calcium. You'll hit the mark by eating three servings of dairy products a day. Other good food sources of calcium include calcium-fortified orange juice, leafy green vegetables, and broccoli. If you don't eat those foods regularly, talk to your doctor about calcium supplements.

Researchers believe that most Americans fall short on vitamin D, a critical nutrient. Your body makes it naturally when your skin is exposed to sun. "In many parts of the country, especially during the winter months, the sun is too weak to generate vitamin D," says Zelman. Older people especially are at high risk of vitamin deficiency. The reason: the body becomes less efficient at producing vitamin D as we age.

Vitamin D deficiency is common in all ages and few foods contain vitamin D. Milk and some brands of yogurt are fortified with D. Adults need at least 600 IU of vitamin D per day for bone health, but some people may need up to 2000 IU to increase blood level of 25 (OH) vitamin D consistently above 30ng/ml. Adults 70 years and older need 800 IU of vitamin D a day to prevent falls and fractures.

Bone Strength Goes Beyond the Nutrition Basics

Healthy bones depend on more than calcium and D. "We now know that many nutrients are essential to maintaining bone," says Katherine Tucker, RD, PhD, chair of the department of health sciences at Northeastern University in Boston. Her research and that of others point to key roles for protein, vitamin B12, magnesium, vitamin C, and other nutrients. "Unfortunately, the diets of many older people fall short on some of these nutrients," says Tucker. "So even if they're getting calcium and vitamin D, they're still losing bone."

A Diet of Whole Foods

The best way to get all the nutrients you need is to fill your plate with whole foods. Nuts, beans, whole grains, and fruit and vegetables are naturally rich in an array of nutrients essential to healthy bones. Tucker's research suggests that fruits and vegetables are just as important as dairy products for bone health. Choosing nutrient-rich foods is particularly important as you get older since most people's calorie requirements go down. "The challenge is to get as much nutrition into a limited number of calories," says Zelman. She suggests a few simple tips:

Avoid highly processed foods. Processing strips some foods of their natural nutrients. Even when vitamins or minerals are added back, processed foods usually lack the full array of nutrients found in natural foods.

Choose whole foods. Whenever you have the choice, go for foods with whole grains, which are far richer in nutrients linked to bone health. Look at the ingredient panel of breads, cereals, and other products made with grain. The first ingredient should be a whole grain.

Cont. on page 4

Strong Bones from page 3

Go for variety. "Especially if you're cooking for yourself, it's easy to get stuck in a rut," says Ruth Ann Carpenter, RD, author of *Healthy Eating Every Day*. "That rut can mean you're missing out on the variety that ensures a healthy diet." Try a new grain, such as bulgur or quinoa. Choose vegetables from across the spectrum of colors, from leafy greens to red sweet peppers. A colorful diet, nutritionists say, will help ensure a balance of nutrients necessary for good bone health.

When to Reach for Calcium or Vitamin D Supplements

Even the healthiest diet may not provide all the nutrients you need for bone health. If you don't drink milk, for instance, you may be falling short on calcium. Multivitamins or single supplements of specific nutrients can help fill in the gaps. But before you start taking any supplement, it's wise to talk to your doctor.

How to Strengthen Bones With Exercise

Along with a healthy diet, physical activity is crucial for strong bones. Most people think of exercise as a way to strengthen muscles. "But weight-bearing exercises also put stress on the bones attached to those muscles, stimulating them to rebuild themselves," says Dori Ricci, an exercise specialist in New Jersey.

Develop a whole body routine. "Strength-building exercises benefit the specific muscles and bones being exercised," says Ricci. "So it's important to develop a routine that involves all the major muscle groups. Each muscle group should be exercised at least once a week."

Start slowly. Strength-building exercises may sound daunting, especially if you haven't exercised before. "It's wise to start an exercise with no weight or very little weight and then slowly add heavier weights," says Ricci. In programs she develops for older clients, she divides muscle groups into three groups: legs and shoulders, back and biceps, and chest and triceps. She recommends at least 30 minutes of weight-bearing exercises for each group, once a week.

Stay with it. "A lot of people are anxious about weight-bearing exercises at first," says Ricci. "But once you get into it, you'll find that you love feeling more stamina and greater strength."

Along the way, you'll also be building stronger bones.

SOURCES:

Kathleen Zelman, RD, director of nutrition, WebMD., National Osteoporosis Foundation

Katherine Tucker, RD, PhD, Northeastern University., Ruth Ann Carpenter, RD, author of *Healthy Eating Every Day*.
Institute of Medicine. *Dietary Reference Intakes for Older Adults*.

Are You On Medicare?

Time to look at your Medicare Part D Prescription Drug Plan and see if you are on the most affordable plan for 2020.

Enrollment Period is October 15 - December 7

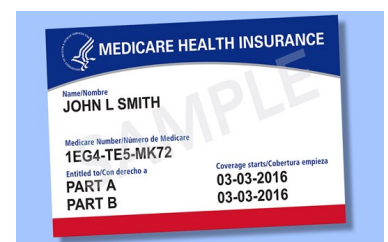
Reserve your FREE Individual appointment with a Northwest Colorado Medicare SHIP certified counselor. Schedule an appointment:

Every Thursday, October 17th - November 21st

1041 Lincoln Ave

or Monday October 28th @ the Steamboat Springs
Community Center

CALL FOR AN APPOINTMENT **970-819-6401**



Join us for a free Fall Festival!

Seniors, families and community members of all ages are invited to connect and enjoy chili, cornbread and pumpkin decorating.

event details:



**OCTOBER 23
4-6PM**

The Haven
Community Center
302 South Shelton Lane
Hayden, CO 81639

Brought to you by The Haven
Assisted Living Facility and
Routt County Council on Aging.
Transportation will be available for
seniors in the community.

Please call 970-875-1888 for more
information.

Free. Donations accepted.



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

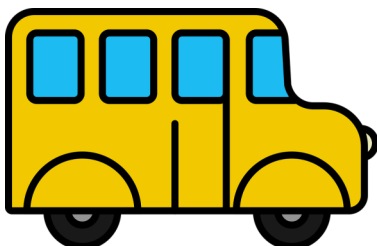
Terri Reeves
Sharon Smith
Chris Stillwell



Shopping and Lunch in Craig Wed., October 9th

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



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



The Best Lunch in Town

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 August 2019

Allstate
Bar A Ranch
Jim and Louise Brainard
Bridging the Gap
City of Steamboat Springs
Rosemary Cullinan
Diana Dunn
Dina Fisher
Maureen Hulslander
HLCC Construction
Kroger
Laura Maxwell
Ski Town Rotary
Steamboat Bridge

United Methodist Women
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.

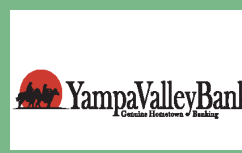
GOLD (\$2000+): Mountain Valley Bank and hearOclub

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

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



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

AGING WELL

October 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

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.**

OCTOBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <p>30</p> <p>A Matter of Balance 1:30—3:30</p> <p>Bridge 1:00 Stmbt</p> | <p>1</p> <p>Bridge 1:00 Stmbt</p> | <p>2</p> <p>Bingo: 12:30 S.R.</p> | <p>3</p> | <p>4</p> <p>A Matter of Balance 9:30—11:30</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p> |
| <p>7</p> <p>A Matter of Balance 1:30—3:30</p> <p>Bridge 1:00 Stmbt</p> | <p>8</p> <p>Bridge 1:00 Stmbt</p> | <p>9</p> <p>Bingo: 12:30 S.R.</p> <p>Shuttle to Craig</p> | <p>10</p> <p>RCCOA Board Meeting 9:00 Stbt</p> | <p>11</p> <p>A Matter of Balance 9:30—11:30</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p> |
| <p>14</p> <p>A Matter of Balance 1:30—3:30</p> <p>Bridge 1:00 Stmbt</p> | <p>15</p> <p>Wellness Clinic 11:30 Stmbt</p> <p>Bridge 1:00 Stmbt</p> | <p>16</p> <p>Bingo: 12:30 S.R.</p> | <p>17</p> | <p>18</p> <p>A Matter of Balance 9:30—11:30</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p> |
| <p>21</p> <p>Chair Yoga with Liz Leipold</p> <p>A Matter of Balance 1:30—3:30</p> <p>Bridge 1:00 Stmbt</p> | <p>22</p> <p>Bridge 1:00 Stmbt</p> | <p>23</p> <p>Bingo: 12:30 S.R.</p> | <p>24</p> | <p>25</p> <p>A Matter of Balance 9:30—11:30</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p> |
| <p>28</p> <p>Medicare Open Enrollment counselors</p> <p>Bridge 1:00 Stmbt</p> | <p>29</p> <p>Bridge 1:00 Stmbt</p> | <p>30</p> <p>Bingo: 12:30 S.R.</p> | <p>31</p> | <p>1</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p> |

| Steamboat South Routt | Steamboat Hayden | South Routt | Steamboat Hayden | Steamboat South Routt |
|---|--|---|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 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 |
| 7 Spaghetti with Meat Sauce Broccoli Garlic Bread Caesar Salad Orange Ice Cream Sandwich | 8 Tuna Melt French Fries Peas Tossed Salad Grapes Peanut Butter Cookie | 9 Pork Roast Scalloped Potatoes Mixed Veggies Baked Apples Wheat Roll Tossed Salad Chocolate Ice Cream | 10 Pork Roast Scalloped Potatoes Mixed Veggies Baked Apples Wheat Roll Tossed Salad Chocolate Ice Cream | 11 Baked Chicken Mac N Cheese Stewed Tomatoes Wheat Roll Orange Tossed Salad Cookie |
| 14 Chicken and Rice Casserole Broccoli Wheat Roll Carrot Salad Brownie | 15 Pot Roast Mashed Potatoes Broccoli Tossed Salad Wheat Roll Apple Crisp | 16 Pot Roast Mashed Potatoes Broccoli Tossed Salad Wheat Roll Apple Crisp | 17 Spinach, Mushroom Quiche Blueberry Muffin Salad Chocolate Pudding | 18 Red Beans and Sausage Rice Cornbread Spinach Salad Apricots |
| 21 Chicken Enchilada Mixed Veggies Tossed Salad Orange Coconut Crème Pie | 22 Fish Creole Rice Pilaf Wheat Roll Coleslaw Blond Brownie | 23 Chili Dog French Fries Bean Salad Orange Banana Rice Crispy Treat | 24 Chili Dog French Fries Bean Salad Orange Banana Rice Crispy Treat | 25 French Toast Eggs Sausage Fruit Salad Crumb Cake |
| 28 BBQ Chicken Pesto Noodles Asparagus Biscuit Tossed Salad Cupcake | 29 Flank Steak Roasted Potato Green Beans Wheat Roll Tossed Salad Peas Key Lime Pie | 30 Flank Steak Roasted Potato Green Beans Wheat Roll Tossed Salad Peas Key Lime Pie | 31 Ghooullash Peas Wheat Roll Tossed Salad Orange Oatmeal Raisin Cookie | 1 Broccoli, Cheese Casserole Corn Kidney Beans Wheat Roll Tossed Salad Pineapple Peanut Butter Cookie |

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