

November SENIOR SCOOP

News and Views from the Council on Aging



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A Note From Our New Board President

I first moved to Steamboat Springs in August 1970. I was born and raised in Southern California, but I'd always loved the mountains, and during a trip through Colorado in 1966, I decided that I would ultimately move here. Over the years, I've worked as a carpenter, DJ, ski patroller, breakfast cook, bartender, farm hand, elk guide and several other professions which don't come immediately to mind. For the past 45 years though, I've been a real estate broker and instructor in both Steamboat and the Denver area. Like many others, I've left Routt County and returned when I found that I didn't like any other place as much as this. This is my home. I live in Routt County. I have five children, eight grandchildren and three great grandchildren.

I've been a member of the Board of Directors of the Routt County Council on Aging for the past few years, and I've been impressed by the work and mission of the organization. I'm excited to have been elected President for the next year, and I promise to make every effort to help RCCOA grow and to expand the services we provide.

Jim McGee, RCCOA Board President

November 2019

Staff

April Sigman
Assistant Director

Chris Becea
Steamboat Kitchen Asst.

Toni Cratsley
Steamboat & Hayden
Cook

Gil Fifield
Steamboat Driver

Bill Gibbs
South Routt Driver

Chuck Girton
Hayden Driver

Michael Kenney
Hayden Sub Driver

Don Livengood
Steamboat Kitchen Asst.

Elynn Myller
Steamboat Driver

Cindy Porter
South Routt Cook

Rebecca Wattles
Hayden Sub Driver

Cheryl Carl
South Routt Kitchen Asst.

Charlotte Whaley
South Routt Kitchen Asst.

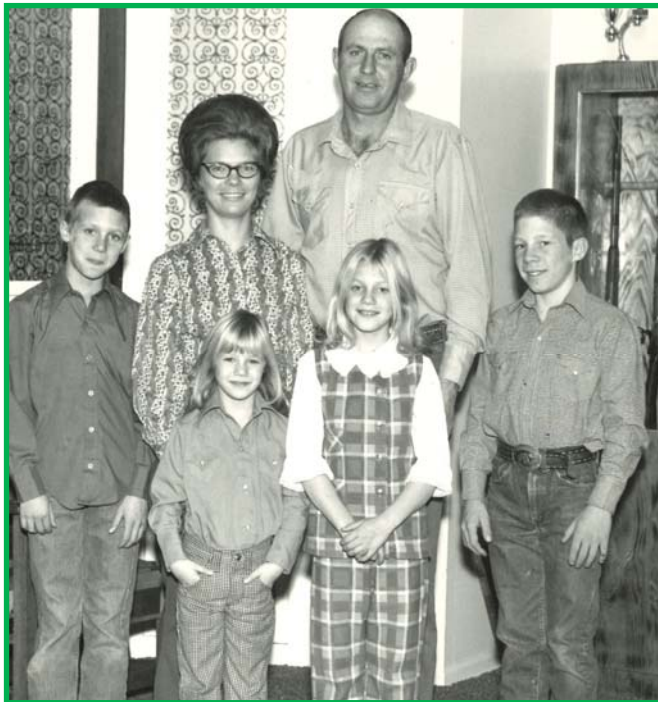
Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.

Bowling Champion to Chinchillas – Steamboat Native Does It All

Vi Look and her husband Dale had 1200 chinchillas at one time. So what the heck is a chinchilla? A chinchilla is a rodent slightly larger than a ground squirrel and native to the Andes Mountains in South America. Their pelts are highly prized for their soft texture, and coats made of chinchilla pelts can sell for more than \$15,000.

Vi and her husband Dale started their chinchilla business in 1965. Dale tanned the pelts to sell them, and they also bred the animals. “We paid as much as \$1500 for an ebony chinchilla,” said Vi. “Dale really enjoyed the business and knew all the pedigrees of the animals. We went to shows in the winter, and I loved the people we met.” Dale also ran his own construction business. Vi phased out of the chinchilla business after Dale passed away in 2000. They had been married 39 years.

Vi was born in Steamboat Springs and attended the Hilton Gulch Schoolhouse from 1st – 8th grades and graduated from Steamboat Springs High School in 1957. She married Jim Rule the very next day and headed to Alaska, where they spent a summer before moving back to Steamboat. Son Mitch was born in 1959. Vi and Jim divorced, and she



*Left to Right: Norm, Sandy, Jody, Mitch,
Vi and Dale in back*



married Dale Look a year later. She and Dale had three children: Norm, Jody and Sandy. Vi has eight grandchildren and eight great-grandchildren.

Vi took up bowling in the 1960's after the encouragement of friend Eloise More, and she was a member of several state championship bowling teams. She enjoys putting in the garden and chatting with all the people she lives with at Mountain View Manor, where she's lived since 2004.

Story continued on page 4 . . .



Wednesday, November 6th
4:30 - 6:00 p.m.
@ the Steamboat Community Center

Bring a food item and enjoy Mac and Cheese and Beer/Beverages.

What we need:

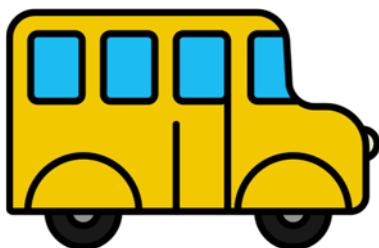
- | | |
|------------------------|---------------------|
| Frozen Turkeys | Bagged Potatoes |
| Canned Green Beans | Dinner Rolls |
| French Fried Onions | Frozen Pumpkin Pies |
| Canned Sweet Potatoes | Cool Whip |
| Cream of Mushroom Soup | |

RCCOA will be **closed** **Thursday and Friday, November 28th and 29th** for Thanksgiving. Frozen meals are available prior to the holiday weekend. Let April know if you are interested.



Shopping and Lunch in Craig
Wed., November 20th

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**

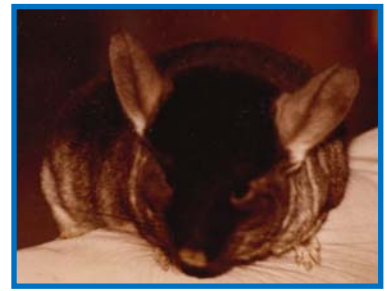


Help reduce our use of paper. Subscribe to our monthly newsletter or see a calendar of events and menus online, please visit www.rccoaging.org.

Vi Look, Continued from Page 2

She's a member of Community Bible Study women's group and First Baptist Church. She enjoys helping people, and her friends come to her often for help and advice.

Vi attributes her relationship to God for her good nature and optimism. "Faith in the Lord makes all the difference for me. I try to walk with Him daily. You can talk to Him, and you never get put on hold." -- *Interviewed by Meg Tully*



Save The Dates...

Wed., December 4th 9:00 am - 5:30 pm

A Day Trip to the Silverthorne Outlet Stores

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 72 hours in advance. 970-879-0633

Mon., December 16th 11:30 am - 1:30 pm

Routt County Council on Aging Holiday Party

Food, Friendship and Holiday Cheer!

@ the Steamboat Springs Community Center

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:

Mondays or Thursdays, November 4th - 25th
1041 Lincoln Ave

CALL FOR AN APPOINTMENT 970-819-6401



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 \$10.25.

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.



Your Donation Goes Further on Colorado Gives Day! — Tuesday, December 10th!

WOW! Last year RCCOA received \$14,599 from 72 people during the 24 hour period of CO Gives Day!! Help us reach or exceed that amount this year.

Consider giving what you can, but even \$50 Goes A Long Way!

\$50 does so much at RCCOA. It can pay for a healthy, hot lunch for a senior for an entire month. It can ensure that a senior receives 16 fresh, hot, home-delivered meals on wheels entrees. It can facilitate 25 trips for a senior to go to the bank or a doctor’s appointment. If \$50 can do all that, think what \$100, \$500 or even \$1000 can do!

We are thankful for your generous support. Our seniors depend on it.

Please give where you live and support us on Colorado Gives Day, Tuesday, December 10th! This 24-hour movement is a chance to increase the value of your donation, thanks to the \$1 Million Incentive Fund. Created by Community First Foundation and FirstBank, the fund increases the value of every dollar donated proportionally.

Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 2,300 nonprofits. *Starting on November 1, you can schedule your Colorado Gives Day donations in advance at [www.Colorado Gives.org](http://www.ColoradoGives.org). See April or Meg if you need assistance online.*



PLEASE MAKE YOUR DONATION DEC. 10th

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

Thank You For Your Support!

THANK YOU TO ALL OUR DONORS! Donations Received September 2019

Bridging the Gap
Bridge in Steamboat
City of Steamboat Springs
HLCC Construction
Routt County
Lynne and Alene Turner
Leonarda VanDerWerf

Thank you for the many donations in Memory of Betty Leipold:

Vi Look
Catherine Lykken
Rachel Shaye
Kathleen Cline and Carl Steidtmann
Catherine Voorhees
Weiss Family



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

Meals on Wheels Delivery Drivers

Ev Berge
Ashley Demos
Julie Lind
Tosia and Bill Sauter
Susan Scott

Rozanne Steinhoff
Tom Swissler



Other Volunteer Efforts

Tanna Brock
Michelle Castleman
Clint Koler
Mary Monger

Terri Reeves
Sharon Smith
Chris Stillwell

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.

If you are interested in becoming a 2020 Partner please see April or Meg.



Yampa Valley Energy

Mountain Valley Bank



Alpine Bank

Yampa Valley Bank
A Greater Community of Banking



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

Movement & Exercise
Wed. 2:30 - 3:30 pm
Selbe Apartments

Tai Chi for Arthritis
Tuesdays, 10:30 - 11:30 am
Stmbt. Community Center

South Routt

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

Hayden

Movement & Exercise
1st, 2nd, 4th Tuesday
10:00 - 11:00 am
The Haven

Movement & Exercise
Thursdays, 10:00 - 11:00 am
The Haven

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 Community Center: 10 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 Community Center: Please call 970-871-7676
for appointment.**

**South Routt Medical Center: Please call
970-870-4146 for appointment.**


NOVEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28</p> <p>Medicare Open Enrollment counselors 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>
<p>4</p> <p>Gene Sanders Music Performance Bridge 1:00 Stmbt</p>	<p>5</p> <p>Bridge 1:00 Stmbt</p>	<p>6</p> <p>Food Drive and Happy Hour 4:30 - 6:00</p> <p>Bingo: 12:30 S.R.</p>	<p>7</p>	<p>8</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p>
<p>11</p> <p>Bridge 1:00 Stmbt</p>	<p>12</p> <p>Wellness Clinic 11:30 Stmbt</p> <p>Bridge 1:00 Stmbt</p>	<p>13</p> <p>Bingo: 12:30 S.R.</p>	<p>14</p>	<p>15</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p>
<p>18</p> <p>“The Great Buster - a Celebration” Bridge 1:00 Stmbt</p>	<p>19</p> <p>Bridge 1:00 Stmbt</p>	<p>20</p> <p>Shuttle to Craig</p> <p>Bingo: 12:30 S.R.</p>	<p>21</p>	<p>22</p> <p>Bingo 1:00 Stmbt Bridge 1:00 Stmbt</p>
<p>25</p> <p>Bridge 1:00 Stmbt</p>	<p>26</p> <p>Bridge 1:00 Stmbt</p>	<p>27</p> <p>Bingo: 12:30 S.R.</p>	<p>28</p> <p>Thanksgiving All Sites Closed</p> 	<p>29</p> <p>All Sites Closed</p>

Steamboat South Routt	Steamboat Hayden	South Routt	Steamboat Hayden	Steamboat South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
4 Beef Burrito Brown Rice Black Beans Bell Pepper Salad Chocolate Chip Cookie	5 Baked Chicken Mashed Potatoes with Gravy Corn Biscuit Tossed Salad Orange Sherbet	6 Clam Chowder BLT Spinach Salad Apple Pie OJ	7 Clam Chowder BLT Spinach Salad Apple Pie OJ	8 Breaded Pork Chop Bean Casserole Wheat Roll Tossed Salad Orange Blueberry Cobbler
11 Chicken Parmesan Noodles Italian Veggies Garlic Bread Caprese Salad Banana Split	12 Meatloaf Mashed Potatoes with Gravy Green Beans Wheat Roll Caesar Salad Chocolate Cake	13 Meatloaf Mashed Potatoes with Gravy Green Beans Wheat Roll Caesar Salad Chocolate Cake	14 Stuffed Cabbage Roasted Potatoes Beet Salad with Feta Berry Pie	15 Salisbury Steak Mashed Potatoes Gravy Green Beans Tossed Salad Banana
18 Pizza Salad Garbanzo Beans Peanut Butter Bar	19 Salmon Rice Pilaf Broccoli Tossed Salad Strawberry Cheesecake	20 Salmon Rice Pilaf Broccoli Tossed Salad Strawberry Cheesecake	21 Oven Fried Chicken Mashed Potatoes Gravy Wheat Roll Tossed Salad Pudding	22 Baked Potato Bar Broccoli and Cheese Wheat Roll Tossed Salad Apple Cottage Cheese
25 Vegetable Pot Pie Biscuit Spinach Salad Mandarin Oranges Cookie Apple Juice	26 Turkey Stuffing Mashed Potatoes Gravy Green Been Casserole Wheat Roll Tossed Salad Pumpkin Pie	27 Turkey Stuffing Mashed Potatoes Gravy Green Been Casserole Wheat Roll Tossed Salad Pumpkin Pie	28 Thanksgiving Day All Sites Closed 	29 All Sites Closed

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