

# DECEMBER SENIOR SCOOP

## News and Views from the Council on Aging



ROUTT COUNTY  
COUNCIL ON AGING

**Meg Tully**  
Executive Director

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**Nancy Westphale**

### The Times, They Are A Changin'

The year may be winding down, but at Routt County Council on Aging, we've been working on exciting changes to ring in the New Year – changes that we believe will pave the way for the organization to grow and to serve more and more people.

The Board would like to announce a staff re-organization. Beginning January 1, April Sigman will take over as Executive Director of the organization. April has been a cornerstone of RCCOA for the past 5 years, and we are thrilled to promote her to this position. Meg Tully, who has served as Executive Director the past 3 years, will not be leaving RCCOA; instead, her duties will be focused on grant writing and raising funds for RCCOA, so that we can maintain current programming and even grow it to serve more people. This change best utilizes the strengths of both Meg and April, and the Board is thankful to both women.

"My new role will enable me to focus on one main activity to do it exceptionally well. The flexibility of this new role will allow me to pursue some personal goals as well, such as writing. I want to make it clear that I'm not leaving RCCOA – I love RCCOA and all my friends here, and you'll consistently see my face," said Tully.

Ellyn Myller will assume a part-time role as Client Support Services and RCCOA will add to its pool of van drivers by hiring another 2-day driver. All other staffing will remain the same.

The Board is happy for Meg, April and Ellyn, and we are proud of each and every staff member. This new structure aims to grow the organization, and we look forward to a great future with an awesome team. We wish everyone a wonderful Holiday.

Best,  
Jim McGee, Board President

December 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.  
**Ellyn 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.*

# **You're Invited...**

**Monday, December 16<sup>th</sup> 11:30 am - 1:30 pm**

**Routt County Council on Aging Holiday Party**

**Food, Friendship, Holiday Cheer,  
Gifts and Carolers!**

**@ the Steamboat Springs Community Center**

**Serving Chicken and Eggplant Parmesan over  
spaghetti with marinara sauce, Caesar Salad,  
Veggie Trays, Bread and Dessert.**

**RSVP for lunch or transportation 970.879.0633**

**The South Routt Meal site will be closed.**

## **A Day Trip to the Silverthorne Outlet Stores**

**Wed., December 4<sup>th</sup> 9:00am - 5:30pm.**

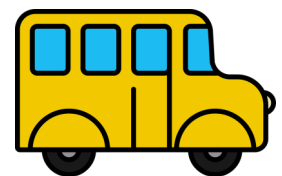
Suggested donation of \$5 for those 60 and better. Lunch is not included. Weather Permitting. Please RSVP to April at least 72 hours in advance. 970-879-0633

## **Shopping and Lunch in Craig**

**Wed., December 18<sup>th</sup> 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





**Nominations are in and votes were tallied. We are pleased to announce our 2019 Senior Award winners who will be recognized at the Holiday Party! Congratulations and THANK YOU FOR ALL YOU DO!**

**Friend of Seniors: Tosia Sauter**

**Senior Helping Seniors:**

**Mary Lou Graham**

**Vi Look**

**Dave Reid**



We will have a cookie exchange after lunch in Steamboat and Oak Creek on Monday, December 23rd. If you would like to participate, please bring a dozen cookies and 12 copies of the recipe to share with others. Those that bring cookies will take home an assortment of cookies and recipes!



**RCCOA offices and meal sites will be closed**

**December 24th and 25th and January 1st.**

Frozen meals are available prior to holiday closures. Please let April know if you would like a frozen meal.

**Save The Dates...**

**AARP Safe Driver Course**

Wednesday, January 29th  
1 - 5 pm @ the Steamboat  
Community Center

**Shuttle to Craig**

Wednesday, January 15th  
9:30am - 4:30pm

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](http://www.rccoaging.org).

## The 2020 Census and Confidentiality

**Your responses to the 2020 Census are safe, secure, and protected by federal law.** Your answers can only be used to produce statistics—they cannot be used against you in any way. By law, all responses to U.S. Census Bureau household and business surveys are kept completely confidential. Respond to the 2020 Census to shape the future. Responding to the census helps communities get the funding they need and helps businesses make data-driven decisions that grow the economy. Census data impact our daily lives, informing important decisions about funding for services and infrastructure in your community, including health care, senior centers, jobs, political representation, roads, schools, and businesses. More than \$675 billion in federal funding flows back to states and local communities each year based on census data.

**Your census responses are safe and secure.** The Census Bureau is required by law to protect any personal information we collect and keep it strictly confidential. The Census Bureau can only use your answers to produce statistics. In fact, every Census Bureau employee takes an oath to protect your personal information for life. Your answers cannot be used for law enforcement purposes or to determine your personal eligibility for government benefits. By law, your responses cannot be used against you. By law, your census responses cannot be used against you by any government agency or court in any way—not by the Federal Bureau of Investigation (FBI), not by the Central Intelligence Agency (CIA), not by the Department of Homeland Security (DHS), and not by U.S. Immigration and Customs Enforcement (ICE). The law requires the Census Bureau to keep your information confidential and use your responses only to produce statistics.

**It's your choice: you can respond securely online, by mail, or by phone.** You will have the option of responding online, by mail, or by phone. Households that don't respond in one of these ways will be visited by a census taker to collect the information in person. Regardless of how you respond, your personal information is protected by law. Your online responses are safe from hacking and other cyberthreats. The Census Bureau takes strong precautions to keep online responses secure. All data submitted online are encrypted to protect personal privacy, and our cybersecurity program meets the highest and most recent standards for protecting personal information. Once the data are received, they are no longer online. From the moment the Census Bureau collects responses, our focus and legal obligation is to keep them safe. We are committed to confidentiality. This commitment means it is safe to provide your answers and know that they will only be used to paint a statistical portrait of our nation and communities. Learn more about the Census Bureau's data protection and privacy program at [www.census.gov/privacy](http://www.census.gov/privacy)



# Thank You For Your Support!

## THANK YOU TO ALL OUR DONORS! Donations Received October 2019

4 Aces Bridge  
Bridging the Gap  
City of Steamboat Springs  
Jim McGee  
Routt County  
Routt County United Way  
Leonarda VanDerWerf  
WZ Giving Circle

Rebecca and Terry Wattles in memory  
of Cathy Borland



### 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.

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

### Meals on Wheels Delivery Drivers

Anders Anderson      Rozanne Steinhoff  
Ev Berge                Tom Swissler  
Ashley Demos  
Julie Lind  
Tosia and Bill Sauter

Thank you! ♥

### Other Volunteer Efforts

Anders Anderson      Terri Reeves  
Tanna Brock            Sharon Smith  
Michelle Castleman    Chris Stillwell  
Mary Lou Graham  
Clint Koler  
Mary Monger  
Charlie and Riley Noble

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.



**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. ***Schedule your Colorado Gives Day donations in advance at [www.ColoradoGives.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](http://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 \$10.25.

**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.



## AGING WELL

December 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**

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  
*No Class Dec 24th or 31st*

#### South Routt

##### **Movement and Exercise**

Mondays and Wednesdays,  
10:45 - 11:45 am  
South Routt Community Center  
*No Class Dec 25th or Jan 1*

#### 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.**



# DECEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bridge 1:00 Stmbt	3 Bridge 1:00 Stmbt	4 Bingo: 12:30 S.R. Shuttle to Silverthorne	5	6 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
9 Adriene Idsal from the Haven – Home Away From Home Bridge 1:00 Stmbt	10 Bridge 1:00 Stmbt CO Gives Day	11 Bingo: 12:30 S.R.	12 Sing Along at the Haven RCCOA Board Meeting	13 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
16 RCCOA Holiday Party for all meal sites held at the Steamboat Community Center Bridge 1:00 Stmbt	17 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt	18 Bingo: 12:30 S.R. Shuttle to Craig	19	20 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
23 Cookie Exchange – Bake a dozen cookies if you would like to exchange with others Bridge 1:00 Stmbt	24 Christmas Eve All Sites Closed 	25 Merry Christmas All Sites Closed 	26	27 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
30 Movie and Popcorn Bridge 1:00 Stmbt	31 Bridge 1:00 Stmbt	1 New Year's Day All Sites Closed 	2	3 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 Beef Tips Egg Noodles Broccoli Wheat Roll Tossed Salad Apple Cobbler	3 Open Faced Turkey Sandwich Mashed Potatoes Gravy Green Beans Tossed Salad Apple Pastry Ice Cream	4 Catfish Scalloped Sweet Potatoes Coleslaw Tossed Salad Bran Muffin Fruit	5 Catfish Scalloped Sweet Potatoes Coleslaw Tossed Salad Bran Muffin Fruit	6 Pork Carnitas Spanish Rice Green Beans Coleslaw Kiwi Ice Cream
9 Portabella Mushroom Burger Rice Tossed Salad Banana and Strawberries Lemon Sherbet	10 Ham Sweet Potatoes Green Bean Casserole Wheat Roll Tossed Salad Apple Pie	11 Ham Sweet Potatoes Green Bean Casserole Wheat Roll Tossed Salad Apple Pie	12 Turkey Noodle Soup Grilled Cheese Sandwich Spinach Salad Banana Pudding	13 Beef and Broccoli Brown Rice Egg Roll Mixed Veggies Banana Cookie
16 Eggplant/Chicken Parmesan Pasta with Marinara Caesar Salad  <b>Holiday Party            South Routt Closed</b>	17 Tuna Casserole Mixed Veggies Garlic Bread Tossed Salad	18 Brisket Cheesy Potatoes Broccoli w Parmesan Wheat Roll Tossed Salad Pears	19 Brisket Cheesy Potatoes Broccoli w Parmesan Wheat Roll Tossed Salad Pears	20 Pork Stir Fry Cauliflower Egg Roll Spinach Salad Peaches
23 Cheeseburger Pie Peas 5 Bean Salad Orange Sherbet	24  Christmas Eve All Sites Closed	25  Merry Christmas All Sites Closed	26 Monterey Chicken Mixed Veggies Potatoes with Gravy Wheat Roll Tossed Salad Orange Cheesecake	27 Cheese Ravioli Mixed Veggies Bread Stick Caesar Salad Pumpkin Pie
30 Salmon Pattie Rice Mixed Veggies Wheat Roll Tossed Salad Raisin Nut Cup	31 Chicken with Mushroom Sauce Garlic Mashed Potatoes Mixed Veggies Wheat Roll Tossed Salad Oatmeal Cookie	1  Happy New Year All Sites Closed	2 Black Eyed Pea Stew Collard Greens Cornbread Tossed Salad Banana Peach Cobbler Ice Cream	3 Beef Nachos Black Beans Fruit Cocktail Sugar Cookie

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