

FEBRUARY SENIOR SCOOP

News and Views from the Council on Aging



ROUTT COUNTY
COUNCIL ON AGING

April Sigman
Executive Director

Board of Directors

Jim McGee
President

Julie Alkema
Secretary

Dean Vogelaar
Treasurer

Cindy Balin
George Detwiler

Mary Kay Graver
Becky Hammond

Bruce Hannon
Julie Lind

Pegi Simmerman
Rozanne Steinhoff

Chris Stillwell
Nancy Westphale

2019 was a successful year at the Routt County Council on Aging. What do I mean by a “successful year”? I measure our success by the lives we touch, the people we help, the memories we make. I appreciate each of you that contributed to our successes! We shared many exciting events, trips, and activities. We served OVER 12,000 meals (our most ever), and we experienced so many great memories. We are looking forward to a wonderful 2020 and are excited to help you in any way possible. Please share your needs or wants with us and we will do our best to accommodate you.



2019 Program Statistics

Congregate Meals Served: 8,661

Meals on Wheels Served: 3,819

Total Meals Served: 12,480

Total Rides Provided: 3,865

February 2020

Staff

Chris Becea
Steamboat Kitchen Asst.
Toni Cratsley
Steamboat & Hayden Cook
Gil Fifield
Steamboat Driver
Bill Gibbs
South Routt Driver
Chuck Girton
Hayden Driver
James Graham
Steamboat Driver
Michael Kenney
Hayden Driver
Don Livengood
Steamboat Kitchen Asst.
Ellyn Myller
Client Support Services
Cindy Porter
South Routt Cook
Meg Tully
Grant Specialist
Rebecca Wattles
Hayden Assistant
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.

Beware of Social Security Phone Scams



Securing today and tomorrow

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. **HANG UP!**
2. **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
3. **REPORT THE SCAM AT OIG.SSA.GOV**



Happy Groundhog Day!

February 2nd

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



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are **not**.



Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.



Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security Number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer



Be Active

Protect yourself and your friends and family!

- » If you receive a questionable call, just hang up and report the call at oig.ssa.gov
- » Learn more at oig.ssa.gov/scam
- » Share this information with others



Social Security Administration | Publication No. 05-10535 | January 2020 | Produced at U.S. taxpayer expense



RCCOA offices and meal sites will be **closed Monday February 17th** in observance of the President's Day.

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



ROUTT COUNTY
COUNCIL ON AGING

Celebrating
40 *Years*

In 1972 a group of volunteers formed the “Retired Runabouts” to initiate a home delivered meal program for senior citizens in Routt County. This committee later formed Routt County Senior Services, which then became Routt County Council on Aging, Inc. (RCCOA). RCCOA received a non-profit 501(C)(3) designation February 20, 1980.

The Board of Directors that year included Karen Coziahr, Delpha James, Catherine Lykken, Lois Robinson and Pearl Weber. The balance in the checking account was \$408.60 when they applied for non-profit status. The suggested donation in 1980 was \$1.50 per meal. The first grant money was awarded from the City of Steamboat Springs for \$3000, Routt County Commissioners for \$6500 and the Rotary club for \$440. They were off to a great start! Over the years our programs have evolved and increased, but our intention, mission and heart have remained the same. We are here to meet the needs of Routt County seniors and build upon the community the Retired Runabouts founded.

Happy Anniversary RCCOA!!



Looking for the perfect gift? Give the gift of food, comfort, and friendship! Purchase a punch card for your friend or loved one (60+ years) and they will enjoy 10 meals at any of our three dining sites! Contact us to learn more. 970-879-0633

Shopping and Lunch in Craig

Wed., February 19th, 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 Ellyn at least 48 hours in advance.

970-879-0633



Heart disease is the number one cause of death in the United States. While this is a frightening statistic, rest assured that heart disease is often preventable with healthy lifestyle choices. First, let's discuss some factors that can put you at risk for heart disease.

**FEBRUARY IS
AMERICAN HEART
MONTH**

Is Your Heart Healthy?



- **High Blood Pressure** – Millions of Americans have high blood pressure that is not under control. The Centers for Disease Control and Prevention (CDC) conclude that having control over your blood pressure is a great way to prevent heart disease.
- **High Blood Cholesterol** – High cholesterol is known to be unhealthy, but did you also know that it's also a leading contributor to heart disease?
- **Diabetes** – Diabetes causes blood sugar to spike and buildup in the blood. This combination can cause damage to the vessels and nerves that maintain the heart muscle.
- **Lack of Physical Activity** – Maintaining physical fitness will help keep your blood and heart vessels healthy. The suggested physical guidelines for a healthy heart equates to about 150 minutes a week, or 30-minute sessions 5 times a week.

This information seems intimidating, but fret not! There are plenty of things you can do to take care of your heart right now. Your heart will thank you!

- **Get plenty of sleep** – Lack of sleep can lead to high blood pressure, diabetes and obesity. These factors all increase your risk of heart disease. It is recommended we aim for 7-9 hours a sleep a night.
- **Manage stress** – Stress is linked to heart disease because it raises your blood pressure. Stress can even be a “trigger” to heart attacks. Find something you enjoy that brings you peace and stick with that!
- **A healthy diet** – This seems like a no-brainer, but what we put in our bodies has a massive effect on our heart health. Try to eat plenty of fresh fruits, vegetables, whole grains, limit alcohol and drink plenty of water.
- **Maintain a healthy weight** – Being overweight or obese can increase your risk for heart disease because of other heart related factors like high blood pressure, diabetes, and high cholesterol. Implementing a healthy diet with a moderate exercise schedule can greatly reduce your risk of becoming overweight or obese.

Heart disease can be a scary topic, but following these suggestions can drastically improve your heart health. This February try to be conscious of your heart health and in return your heart will show you the love.

https://srahec.org/american-heart-month/?gclid=EAIAIqObChMI5MKN8uCk5wIVC77ACh1BVQpTEAAYASAAEgIjT_D_BwE

A Great Big Thank You For Your Support!

Donations Received December 2019



305 Spin, Inc
4 Aces Bridge
VFW Post 4264
American Legion Post #44
All Terrain Excavating
Anonymous
Anonymous
Anonymous
Anonymous
Nadine Arroyo
Russell and Carol Atha
Cindy Balin
Tina Bradley
James and Louise Brainard
Bridging the Gap
Ted Carlton
City of Steamboat Springs
Sarah D Claassen
Kathleen Cline and Carl Steidtmann
Colorado Group Realty
Community First Foundation
Dixie Coyle
Lynn and Bill Davis
Delectable Mtn Quilters Guild
George Detwiler
Cher and Dan Dooley
Pinky and Steve Downs
Pam Duckworth

William and Judith Emerson
Bridget and Paul Ferguson
Gil Fifield
John and Marlene Fisher
FM Light
Sherrie Ford
Business for Isness Foundation
Yampa Valley Community Foundation
Marda Frazer
Donna Garth
Ben and Cathy Gero
Mary Catherine Graver
Scott and Jennifer Grosjean
Rebecca Hammond
Bruce and Jane Hannon
Michael and Deanna Hines
Donna Mae Hoots
Ron Kashner
Bill Kennedy
Karen Kosakowski & Gina Britton
Keith and Stacey Krammer
Laurie Kuelthau
Jason and Kelly Landers
Jim and Susan Larson
Kyle and Julie Latham
Phil and Anne Lauinger
Tom and Dawn Lillie
Catherine Lykken
Robert J Marko
Kristine McAfee
Leif McCole and April Sigman
Michele Meyer
Sandra and Michael Moore
Jay and Anne Muhme
Scott and Ellyn Myller
Georgianne Nelson
Jeff Nelson and Judy Elliot
Network for Good
Terry A Nixon

O'Neal Family Foundation
Karen O'Connor
Over the Hill Gang
Nancy Parent
Chuck and Maria Porter
Jean Ray
Tony and Carrie Requist
Barbara Robinson
Jack and Janie Romick
Ann Root
Routt County
William and Tosia Sauter
Thomas and Susan Scott
Karen and Joel Schulman
John and Kate Shively
Alan and Lynn Sidman
Pegi Simmerman
Diana Simon
James Stanko
Rozanne Marie Steinhoff
Thomas and Barbara Swissler
T. Rowe Price
Beth Taylor
Meg Tully
Karin Utterback-Norman
Leonarda Vanderwerf
Vanrinck, Inc.
Vectra Bank Colorado Foundation
Kay Wagner
Rebecca and Terry Wattles
Nancy Westphale
Kirk Wolff
Wade Wykert

Vi Look in Memory of Sue Swigert

Bud and Jane Romberg in Memory
of Cathy Borland



Thank you to our 2020 Corporate Partners. These partners have donated \$500 or more for 2020 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.



**Kristopher and
Becky Hammond**

Partnership is a Win-Win

RCCOA offers a Partnership Program where businesses can support RCCOA in exchange for promotional exposure. There are 3 Partnership levels: Gold (\$2000), Silver (\$1000) and Bronze (\$500). If that is not in your budget, Sponsor Lunch for a day. Buy lunch for up to 40 seniors with a day's sponsorship at \$125/day! Signage featuring your company is posted at the site on your day.

If your business would like to support senior programming in this way, please contact April at 970-879-0633.



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

Meals on Wheels Delivery Drivers

Ashley Demos
Julie Lind
Tosia and Bill Sauter
Rozanne Steinhoff
Tom Swissler



Other Volunteer Efforts

Tanna Brock	Terri Reeves
Michelle Castleman	Sharon Smith
Emmett Hannon	Chris Stillwell
Mary Lou Graham	Annette Zuber
Clint Koler	
Mary Monger	
Charlie and Riley Noble	

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 \$10.25. 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 Ellyn 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. Call for information or to pick up. 970.879.0633.



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*

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.**

FEBRUARY EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 “Love Songs” Bridge 1:00 Stmbt	4 What’s New at Hayden Park and Rec. –Josh Bridge 1:00 Stmbt Board Games 1:00 Stmbt	5 Bingo: 12:30 S.R.	6 Heart Health Talk	7 Gentle Yoga and Stretching 10:00 Bingo 12:45 Stmbt Bridge 1:00 Stmbt
10 What’s Different About Lyon’s Drug –Matt Johnson Bridge 1:00 Stmbt	11 Hayden Heritage Center –Laurel Watson Bridge 1:00 Stmbt	12 Bingo: 12:30 S.R.	13 “Love Songs” @ The Haven RCCOA Board Meeting	14 Bingo 12:45 Stmbt Bridge 1:00 Stmbt
17 President’s Day All Sites Closed	18 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt Board Games 1:00 Stmbt	19 Bingo: 12:30 S.R. Shuttle to Craig	20 RCCOA 40th Anniversary!!	21 Bingo 12:45 Stmbt Bridge 1:00 Stmbt
24 Estate Planning - Catherine Swan Bridge 1:00 Stmbt	25 Bridge 1:00 Stmbt	26 Energy Rebates from YVSC –Suzie Romig Bingo: 12:30 S.R.	27	28 Bingo 12:45 Stmbt Bridge 1:00 Stmbt

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 8 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact Ellyn 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 Chicken Piccata Brown Rice Spinach Caesar Salad Orange Peanut Butter Cookie	4 Beef Ribs Corn Wheat Roll Coleslaw Peaches	5 Beef Ribs Corn Wheat Roll Coleslaw Peaches	6 Cheesy Cauliflower Soup Grilled Cheese Sandwich Tossed Salad Strawberries	7 Ham & Cheese Macaroni Brussels Sprouts Wheat Roll Waldorf Salad Chocolate Pudding
10 Mongolian Beef Lo Mein Noodles Egg Roll Asian Slaw Apricots Fortune Cookie	11 Cod Orzo Cauliflower Biscuit Spinach Salad Strawberry Shortcake	12 Cod Orzo Cauliflower Biscuit Spinach Salad Strawberry Shortcake	13 Oven Fried Chicken Mashed Potatoes Corn Wheat Roll Caprese Salad Oreo Parfait	14 Chef Salad Split Pea Soup Crackers Grapes Peanut Butter Cookie
17 President's Day All Sites Closed 	18 Meatball Sub Oven Roasted Potatoes Orange Caesar Salad Raspberry Sherbet	19 Pork Chop Broccoli Baked Apples Wheat Roll Tossed Salad Peanut Butter Cookie	20 Pork Chop Broccoli Baked Apples Wheat Roll Tossed Salad Peanut Butter Cookie	21 Vegetable Rice Soup Ham Salad Sandwich Tossed Salad Banana Brownie
24 Chicken Alfredo Red Peppers Garlic Bread Tossed Salad Banana Apple Pie	25 Jambalaya Zucchini Okra French Bread Tossed Salad Banana Cream Pie	26 Jambalaya Zucchini Okra French Bread Tossed Salad Banana Cream Pie	27 Braised Beef Noodles Squash Wheat Roll Spinach Salad Fruit Cocktail	28 Tilapia Parmesan Orzo Mixed Veggies Whole Grain Roll Lemon Bar

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

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis provided by Melanie Hendershott, R.D.

Lunch is served at noon at the following locations: **Hayden/** Haven Community Center

South Routt/ South Routt Community Center **Steamboat Springs/** Steamboat Springs Community Center