

JANUARY SENIOR SCOOP

News and Views from the Council on Aging



ROUTT COUNTY
COUNCIL ON AGING



January 2020

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I hope that everyone has enjoyed a happy and healthy holiday season. I certainly did and discovered that I will have a new granddaughter arriving in July. I am looking forward to trying to make my life more enjoyable and well-organized in 2020. Of course, I've been trying to do that for decades.

The coming year should be a great one for the Routt County Council on Aging. As we endeavor to improve our fundraising activities, we should be able to improve the services which we provide to the seniors of Routt County. Any ideas that you may have about needed services or fundraising, please pass them on to April.

Happy New Year. Have a great 2020.

Best,

Jim McGee, Board President

Staff

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Toni Cratsley
Steamboat & Hayden Cook
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Bill Gibbs
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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.



AARP® **Driver Safety**

STAY SAFE—AND SAVE WITH THE AARP SMART DRIVER COURSE

WED, JAN. 29TH 1:00PM - 5:00PM

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 15 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

Take the AARP Smart Driver course at the Steamboat Springs Community Center on January 29, 2020 from 1:00pm to 5:00pm. The classroom course costs \$15 for AARP members and \$20 for non-members. Space is limited, so register now by calling Karen O'Connor at 970-846-0144.

HAYDEN SENIOR RESOURCE FAIR

Do you or a loved one need more support going through the aging process? Please join us at the Senior Resource Fair and get connected in our community!

Representatives from various organizations will be on hand to provide information and answer questions; including a presentation on Elder Care Fraud and Financial Exploitation by the Hayden Police Department at 5pm.



**Thursday, January 30th 4 - 6 pm
@ the Haven Community Center**

For questions call 970-875-1888
300 South Shelton Lane, Hayden, CO 81639

Shopping and Lunch in Craig

Wed., January 15th, 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



I Am About to Do Something NEW!

It's 2020, and I am really looking forward to serving and being a part of RCCOA from a new seat, not a driver's seat, but an office seat.

It's been a privilege and honor to be amongst you. I want to hear from any and all of you about how we can make this next year great!

What kinds of events, speakers, activities and services would be interesting and helpful to you? One thing that will be available is a "SUGGESTION BOX" at each meal site for you to put your ideas in. Recently, I was given some words of inspiration from one of you, and it has inspired January's bulletin board. If you have an idea or theme for the bulletin board, please pass it on. Share your requests for MOVIE days too – put them in the Suggestion Box.

Let's make 2020 one of the best of our lives –
Life is good!




Client Support Services

Stretch Yourself to Better Health

**FREE CLASS Fridays from 10am to 11am
Jan. 24, 31 and Feb. 7 at the Steamboat Springs
Community Center**

Thanks to a grant from the United Methodist Women of Steamboat Springs, RCCOA is excited to offer a FREE three-week, hour-long stretching class. The class will focus on gentle stretches to warm up the body using props to support proper alignment. The class will wind down with a long, supported rest period to encourage rest and calm. The class will be taught by Sarah Kostin, a 200-hour Yoga Alliance yoga teacher and certified life coach. Sarah loves connecting students of all ages and backgrounds by sharing her passion for yoga, mindfulness and living a life guided by joy. The class is open to anyone age 60 and older, with a limit of 15-20 students. Call 879-0633 to sign up.

Dear 2020...

I KNOW WE JUST MET,
BUT I HAVE A FEELING
YOU AND I ARE GOING
TO DO GREAT THINGS!

 LOVE,
ME.

RCCOA offices and meal sites will be **closed Monday, January 20th** in observance of the birthday of Martin Luther King Jr.

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





Senior Savings - You've Earned It! Did you know...?



- ◇ **Senior Citizen Property Tax Deferral.** Apply at the County Assessors' office or online @ <http://www.co.routt.co.us/659/Tax-Deferral-Information> if you are 65+ and have resided in your home 10+ years.
- ◇ **\$200 City of Steamboat Springs Sales Tax Rebate.** Apply at City Hall if you are 62+ and have resided in the city for the year in which you are applying.
- ◇ **LEAP Energy Assistance.** LEAP is a federally funded program that helps eligible Colorado seniors pay a portion of their winter home heating costs. Find out more @ <https://www.colorado.gov/pacific/cdhs/leap>.

What is DEHYDRATION?

Dehydration is a condition when the body does not have enough water to carry on normal functions. Dehydration is a health risk, especially for the very young and the very old. A 20% loss of water is life-threatening. Mild dehydration over time has been linked with increased cancer risk, reduced salivary gland function, kidney stones, and even fatal heart attacks.

Symptoms of Dehydration Include:

- | | | |
|-------------------------------------------------------|-----------------------------|------------------|
| -Excessive Thirst | -Fatigue | - Headache |
| -Muscle weakness | -Dizziness | - Nausea |
| -Labored breathing | -Constipation | -Lightheadedness |
| -Dry mouth, lips and skin | -Increased Body Temperature | |
| -No urination or a small amount of dark yellow urine* | | |



*If you are properly hydrated, urine should be clear to pale yellow. You should urinate every 2 to 3 hours.

Prevent DEHYDRATION: Drink Water

Choose water as your primary beverage. It is usually inexpensive and readily available. Water is also thirst quenching, contains no calories, fat, cholesterol, or caffeine, and is low in sodium. Water's other benefits include:

- | | |
|-----------------------------|----------------------------------------------|
| -Prevents dehydration | -Regulates body temperature to about 98.6° F |
| -Reduces fluid retention | -Carries nutrients and oxygen to the cells |
| -Helps prevent constipation | -Cushions joints |
| -Helps strengthen muscles | -Provides moisture to skin and other tissues |

On an average day, a healthy adult needs 8 – 12 cups of fluid.

For more information:

http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/special_needs



Thank You For Your Support!

THANK YOU ROUTT COUNTY!

Routt County purchases, maintains and fuels the shuttle busses for our transportation program. That is about \$20,000 annually in addition to the cost of purchasing the busses, > \$80,000! We couldn't run this program without the support of Routt County and the county commissioners. Thank You!!

THANK YOU CITY OF STEAMBOAT!

The City of Steamboat Springs provides the use of the community center at no cost for RCCOA programs. This is vital for RCCOA, amounting to over \$30,000 annually in in-kind donations. Thank you City of Steamboat Springs!

THANK YOU COLORADO!

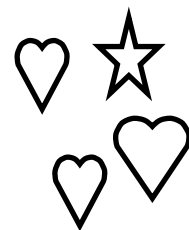
CO Gives Day was a HUGE success! We raised over \$15,000 in 24 hours! Thank you so much to everyone who donated. Your donation will greatly support Routt County seniors. Thank you Colorado!

THANK YOU TO ALL OUR DONORS!

Donations Received November 2019

Tom and Pauline Bouchard
Bridging the Gap
City Market
City of Steamboat Springs
HLCC Construction
Jim McGee
Mountain Valley Bank
Routt County
Pegi and Tabitha Simmerman
Leonarda VanDerWerf
4 Aces Steamboat Bridge

Bud and Jane Romberg in Memory
of Cathy Borland



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 Swisler

Other Volunteer Efforts

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

Thank you! ♥

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.



Routt County Council on Aging is proud to participate in Subaru of America, Inc.'s annual Subaru Share the Love® Event to help raise critical funds needed to support our local seniors. When you purchase or lease a new Subaru this holiday season, we hope you'll choose Meals on Wheels as the recipient of a \$250 donation. Learn more at www.mealsonwheelsamerica.org/sharethelove.

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.



AGING WELL

January 2020

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.**

JANUARY EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: — South Routt: — Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Movie and Popcorn; "Sound of Music" 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
6 Denise McMannis; Textiles Bridge 1:00 Stmbt	7 Bridge 1:00 Stmbt	8 Bingo: 12:30 S.R.	9	10 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
13 "Jeopardy" hosted by Chris Becea Bridge 1:00 Stmbt	14 Bridge 1:00 Stmbt	15 Bingo: 12:30 S.R. Shuttle to Craig	16	17 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
20 Birthday of Martin Luther King, Jr. All Sites Closed	21 Wellness Clinic 11:30 Stmbt	22 Bingo: 12:30 S.R.	23	24 Gentle Yoga and Stretching 10:00 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
27 Movie and Popcorn Bridge 1:00 Stmbt Wellness Clinic 10:30 SR Community Center	28 Bridge 1:00 Stmbt	29 AARP Safe Driver Class 1 - 5 pm	30 Senior Resource Expo 4 - 6pm @ Haven Community Center	31 Gentle Yoga and Stretching 10:00 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
30 Salmon Pattie Rice Mixed Veggies Wheat Roll Tossed Salad Raisin Nut Cup Cake	31 Chicken w Mushroom Sauce Garlic Mashers Mixed Veggies Wheat Roll Tossed Salad Oatmeal Cookie	1 All Sites Closed New Year's Day	2 Black Eyed Pea Stew Collard Greens Cornbread Tossed Salad Banana Peach Cobbler Ice Cream	3 Beef Nachos Black Beans Fruit Cocktail Sugar Cookie
6 Bean & Cheese Burrito Spanish Rice Squash Mexican Salad Pear Cake	7 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	8 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	9 Honey BBQ Chicken Sweet Potato Mixed Veggies Wheat Roll Tossed Salad Orange	10 Bacon & Broccoli Quiche Texas Toast Green Salad Banana Cinnamon Roll
13 Pizza Salad w / Garbanzo Beans & Raisins Peanut Bars	14 Meatloaf Mashed Potatoes Green Beans & Carrots Tossed Salad Wheat Roll Apple Pie	15 Meatloaf Mashed Potatoes Green Beans & Carrots Tossed Salad Wheat Roll Apple Pie	16 Chicken Fried Rice Stir Fry Veggies Egg Roll Asian Salad Pears Cookie	17 Shrimp Scampi Zucchini & Tomato Wheat Roll Caesar Salad Orange Banana Cake
20 Martin Luther King Jr. All Sites Closed	21 Veggie Lasagna Asparagus Garlic Bread Toss Salad with raisin & nuts Chocolate Pumpkin Cake	22 Chili Cornbread Toss Salad Fruit Cup	23 Chili Cornbread Toss Salad Fruit Cup	24 Pork Loin Mashed Potatoes w/ Mushroom Sauce Green Bean Biscuit Chocolate Chip Cookie
27 Chicken Enchilada Spanish Rice Refried Beans Tossed Salad with Avocado Lemon Bar	28 French Onion Soup Tuna Salad Sandwich Northern Bean Salad Tossed Salad Blueberry Muffin	29 Open-face Pork Sandwich Mashed Potatoes with Gravy Tossed Salad Grapes Carrot Cake	30 Open-face Pork Sandwich Mashed Potatoes with Gravy Tossed Salad Grapes Carrot Cake	31 Spaghetti w/ Meatball Green Beans Garlic Bread Cucumber & Tomato Salad Peaches

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