



SENIOR SCOOP

News and Views from the Council on Aging

March 2020



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THANK YOU DONORS!

Donations Received January 2020

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Jan and Victor Serafy
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Leonarda VanDerWerf
Sidney and Thalla Wheelock

"The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future," said Ellie Hollander, President and CEO of Meals on Wheels America. "With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes."

Staff

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

March For Meals Showcases Senior Resources



About March for Meals

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America, to raise awareness of senior hunger and to encourage action on the part of local communities. Hundreds of Senior Nutrition Programs across the United States, like Routt County Council on Aging, promote March for Meals through partnerships with local businesses, volunteer recruitment, newspaper and social media promotion, and fundraising initiatives.

**Join Us in Our Third Annual "Senior March"
at the Steamboat Springs Historic Courthouse!
522 Lincoln Ave., Steamboat Springs, CO
Thursday, March 12th at 11:30 am.**

RCCOA strives to ensure our seniors have the resources they need and the funding to sustain programming. Join us to raise awareness about the senior population and needs in our community at our third annual "Senior March." Refreshments and treats will be offered.



More March Activities

Buy a Wheel, Sponsor A Meal



Buy a wheel for \$3 in honor of someone special and have it posted at the Steamboat Community Center, South Routt Community Center or the Haven Community Center. Wheels will be available for the month of March, and all donations will support RCCOA nutrition and transportation programs. To buy wheels, please see April or Ellyn.

Routt County Council on Aging Open House Monday, March 16th 11:30-1:30



Join us at the Steamboat Community Center for an open house that will include FREE lunch, community BINGO and great door prizes!! The entire community is invited. Suggested donation for the session of Bingo is \$5. All donations received at this free event will help support the Routt County Council on Aging nutrition and transportation programs.

"Having meals delivered is wonderful. I don't have to worry about cooking. I depend on these meals and the visit from the drivers."

-Lucille, Meals on Wheels recipient

Making It Through This Long Winter Season



The winters in Routt County can seem to drag on forever at times. Because of that, it is important to be aware of winter dangers and prepare accordingly. Ice, snow and cold temperatures can make life challenging. Slippery sidewalks and cold weather can cause a variety of illnesses and injuries – especially for seniors. Here are some winter safety tips for seniors:



- Dress for Warmth:** Information from the CDC indicates that more than half of hypothermia-related deaths are of people over the age of 65. Cold temperatures can lead to frostbite and hypothermia. Dress in layers when going outside and consider using a scarf to cover your mouth and protect your lungs. Don't let the temperature indoors get too low, and layers are a good idea for inside as well.
- Avoid Slipping on Ice:** Wear shoes with good traction and non-skid soles and if possible, stay inside until roads and walkways are clear. If you use a cane, make sure the tip is not worn and replace if it is. Take your shoes off after coming indoors because snow and ice can stay on the soles of shoes and make things slippery inside when it melts.
- Inspect the Car:** Schedule service for your vehicle before winter arrives and checks things like the oil, tires, brakes, battery and windshield wipers.
- Prepare for Power Outages:** Have flashlights and batteries handy as well as warm blankets. Keep a supply of non-perishable foods that can be eaten cold. If the power does go out, dress in layers to stay warm, including a hat, and move around regularly to raise your body temperature.
- Fight Winter time Depression:** Many seniors have less contact with others during the winter months because it is difficult and dangerous to get out and about. This lack of interaction with others can lead to feelings of loneliness and isolation. Seniors are encouraged to create a "check-in system" with neighbors, friends and family where each person looks in on one or two other people each day. These check-ins can consist of a phone call or short visit.

It is important to remember to ask for help. If you need your property cleared of snow and ice, need a ride to the store or doctor appointment, don't hesitate to reach out to family, neighbors and community resources.

There are certainly challenges that arise for seniors in the winter, but with knowledge and preparation, you can stay healthy and experience the warmth and joy of springtime soon enough.

Remember, if you are concerned about someone's mistreatment or self-neglect, it's okay to speak up. You should immediately report the situation to the Routt County Department of Human Services at 970-870-5533. Ask to speak to Adult Protection Intake. If calling about an emergency situation during non-business hours, contact Routt County Communication at 970-879-1090 to make the report.

Shopping and Lunch in Craig, CO

Wed., March 18th 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. Weather Permitting. Please RSVP to Ellyn at least 48 hours in advance. 970-879-0633



6 Amazing Health Benefits of Playing Bingo



We've all heard the importance of eating right and exercise, but what if the key to living a healthy life is also happiness. Happiness can be achieved in many ways. Bingo is a great way to contribute to a healthy life. Many people play Bingo for fun and enjoyment but there are many other benefits this game has to offer. Below is a list of the many benefits of Bingo.

- 1. Promotes Cognitive Skills-** Studies have shown that playing bingo can be beneficial to promote cognitive skills. The skills of presence and alertness are valuable ways to train the brain to measure information and promote mental speed. A study done by South Hampton University's Center for Visual Cognition demonstrated that older adults can have better concentration and short-term memory skills when they play bingo regularly.
- 2. Boosts Memory-** It cannot be denied that playing bingo can activate brain cells and stimulates the mind. Bingo can keep older adults alert and boosts their memory. The process of focusing on which numbers have been called and the association of numbers to letters can promote memory skills.
- 3. Boosts Energy-** Playing games is a great way to boost energy. Games are a great way to be more active and being active boosts energy. Indeed, as we get positive energy from playing bingo it leads to a healthy and happy life.
- 4. Promotes Eye Coordination-** Another benefit of playing bingo is to promote hand - eye coordination.
- 5. Improves Overall Mood-** Bingo and playing games often lead to laughter. Laughter helps decrease stress and depression and calms the mind.
- 6. Social Interaction-** Social interaction is vital to health, happiness and well being. Communication connects one player to another and as a result can build friendships and promote emotional well-being. Social interaction is imperative to promoting cognitive and physical health.



Playing bingo is great for your mental and physical health! Indeed, older people need to have healthy and exciting activities and continue to socialize. Thus, playing bingo is a good option!

DrHealthBenefits.com.html

Join us for one of our weekly Bingo sessions, or come to our Open House on March 16th!



**"Knowledge is like underwear;
it's nice to have but you don't
have to show it off!"**

-submitted by a senior with a sense of humor.

Don't Forget...



Sunday, March 8th.



To see photos and more
happening events:
"Like" us on Facebook



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**

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



ROUTT COUNTY
COUNCIL ON AGING

Friendly Reminders...

Please Call the Office. 970-879-0633

We have an amazing team at RCCOA and we are all doing our best to help in every way we can, however staff personal cell phones should not be the first line of contact.

Reservations for all meal sites are requested 24 hours in advance.

Transportation reservations are requested 48 hours in advance.

Meals on Wheels requests must be made 24 hours in advance.

We do our best to accommodate needs that come up on short notice, but we cannot always guarantee services on short notice.

**For ALL reservations please call
970-879-0633 xt 4.**



RCCOA staff, team building at the Crooked Key Escape Room.

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

Meals on Wheels Delivery Drivers

Ashley Demos

Dan Emert

Julie Lind

Sandy Poltorak

Tosia Sauter

Susan Scott

Rozanne Steinhoff

Tom Swissler

Other Volunteer Efforts

Anders Anderson

Tanna Brock

Michelle Castleman

Ralph Gourley

Clint Koler

Eric Merrill

Mary Monger

Bill Peck

Terri Reeves

Sharon Smith

Chris Stillwell

Rebecca Wattles

Annette Zuber



AGING WELL

March 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

Wed. 2:30 - 3:30 pm
Selbe Apartments

Movement & Exercise

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

Movement & Exercise

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

Hayden

Movement & Exercise

1st & 3rd Thursdays
11:00 am - 12:00 pm
The Haven Assisted Living

SOUTH ROUNTT

Movement and Exercise

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



SENIOR WELLNESS CLINICS

**Drop ins welcome!
Donations appreciated!**

Stmbt. Community Center: 11:30 am - 12:30 pm
3rd Tuesday of the month

Selbe Senior Apartments: 2:30 - 4:00 pm
4th Wednesday of month

South Routt Community Center: 10:30 am - noon
4th Monday of the month

Haven Assisted Living: 11:00 am - 12:30pm
1st and 3rd Thursday 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.**

northwestcoloradohealth.org/agingwell

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 - Haven Community Center: 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.



MARCH EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Suzi Romig –Energy Rebates Bridge 1:00 Stmbt	3 Bridge 1:00 Stmbt	4 Bingo: 12:30 S.R.	5 Wellness Clinic: Hayden 11:00am	6 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
9 Heeling Friends Bridge 1:00 Stmbt	10 Bridge 1:00 Stmbt Board Games 1:00 Stmbt	11 Bingo: 12:30 S.R.	12 “Senior March” 11:30 am Routt County Historic Courthouse	13 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
16 March For Meals- Open House and BINGO Bridge 1:00 Stmbt	17 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt	18 Bingo: 12:30 S.R. Shuttle to Craig	19 Wellness Clinic: Hayden 11:00am	20 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
23 James Wirta –What Happens With Your Blood in the Lab Bridge 1:00 Stmbt Wellness Clinic S.R.	24 Bridge 1:00 Stmbt Board Games 1:00 Stmbt	25 Bingo: 12:30 S.R.	26 Old Town Hot Springs Tour and update on Senior Services 1:00pm	27 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
30 Powers of Attorney– Why are they important? Bridge 1:00 Stmbt	31 Bridge 1:00 Stmbt	1 Bingo: 12:30 S.R.	2	3 Bingo 1:00 Stmbt Bridge 1:00 Stmbt

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 7 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
2 Spinach Stuffed Chicken Rice Asparagus Wheat Roll Tossed Salad Pears Banana Pudding	3 Pork Ribs Polenta Carrots Wheat Roll Tossed Salad Pecan Pie	4 Salisbury Steak Mashed Potatoes Asparagus Wheat Roll Tossed Salad Applesauce Waldorf Salad	5 Salisbury Steak Mashed Potatoes Asparagus Wheat Roll Tossed Salad Applesauce Waldorf Salad	6 Vegetable Stroganoff Mixed Vegetables Caprese Salad Garlic Bread Pineapple Bread Pudding
9 Biscuits & Sausage Gravy Eggs Hash browns Fruit Cocktail Cherry Crisp	10 Fried Chicken Mashed Potatoes w/gravy Mixed Vegetables Bran Muffin Tossed Salad Yogurt w/Apples	11 Fried Chicken Mashed Potatoes w/gravy Mixed Vegetables Bran Muffin Tossed Salad Yogurt w/Apples	12 Beef & Veggie Cabob Rice Wheat Roll Green Salad Brownie Orange Juice	13 Fish Sandwich Mac-n-cheese Green Beans Slaw Fruit Parfait
16 Gumbo Rice Corn French Bread Tossed Salad Orange Cake	17 Corned Beef & Cabbage Potatoes Carrots Rye Roll Tossed Salad Chocolate Cake	18 Corned Beef & Cabbage Potatoes Carrots Rye Roll Tossed Salad Chocolate Cake	19 Chicken Wings Rosemary Potatoes Kidney Beans Wheat Roll Tossed Salad Cook	20 Mushroom Soup Crackers Egg Salad Sandwich Cucumber Salad Orange Trail Mix Cookie
23 Pizza Salad w/Garbanzo Beans & Raisins Peanut Butter Bars	24 Roast Beef Mashed Potatoes w/ Gravy Green Beans Biscuit Tossed Salad Mandarin Oranges Pineapple Cake	25 Cheeseburger French Fries Brussel Sprouts Slaw Apple Cookie	26 Cheeseburger French Fries Brussel Sprouts Slaw Apple Cookie	27 Salmon Noodle Casserole Spinach Biscuit Tossed Salad Banana Orange Sherbet
30 Sesame Chicken Fried Rice Egg Roll Asian Broccoli Salad Pears Carrot Cake	31 Meatloaf Mashed Potatoes w/ gravy Carrots Green Beans Wheat Roll Tossed Salad Apple Pie	1 Reuben Sauerkraut Peas Waldorf Salad Cheesecake	2 Reuben Sauerkraut Peas Waldorf Salad Cheesecake	3 Baked Potato Bar Broccoli & Cheese Caesar Salad Yogurt w/ Vanilla Wafers

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

Milk, Tea and Coffee are offered with all meals. Nutrition analysis provided by Melaine 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