

April **SENIOR SCOOP**

News and Views from the Council on Aging

April 2020



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A Message from the RCCOA Board President:

COVID-19 or Coronavirus is an interesting phase of our lives. We are asked not to move around unnecessarily, reduce or eliminate contact with others, wash our hands regularly and if you watch the media...be constantly afraid. Most of us are complying with the new rules and many of us see those rules as just common sense. We should after all, try to keep our hands and faces clean most of the time. The personal isolation is sometimes difficult; but I've been using it as an excuse to talk on the phone with people I haven't spoken to in a while and I've discovered that many others are doing the same thing. I've gotten calls from people I haven't heard from in a long time.

The Routt County Council on Aging is continuing to serve Meals on Wheels and as many are aware, we are serving many more than before. We have been able to help many people with shopping needs. We are of course working to keep all or most of our services operating and are planning for the future when the evidence and dangers of the virus decrease and we can all return to our normal lives.

Many thanks to April, Ellyn, Toni and the rest of the RCCOA staff for all of the work that they have put in to keep everything operating. They are the core of all that RCCOA does and it simply wouldn't happen without them.

Spring is here. As the weather improves, let's all do our part to help stop the spread of COVID-19 and endeavor to enjoy our lives.

Jim McGee
RCCOA Board President

Staff

April Sigman
Executive Director

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.

On behalf of Routt County Council on Aging, I'd like to take a moment to wish you and your families health and wellness during this very trying time. We made the tough decision to temporarily discontinue our group meal sites on March 13th and every week since then we have experienced changes in our community and across the nation. Throughout these past few weeks, I have experienced an outpouring of love and support from our staff, clients, volunteers, community partners, funders, and board members. Even though these are trying times, I am grateful to be a part of this wonderful and thoughtful community.



In light of the rapidly evolving COVID-19 pandemic, we continue to adapt to best meet the needs of our community. During this time, our goal is to minimize exposure to clients, staff, and community members, while still providing necessary services to anyone 60 years and better, regardless of ability to pay.

We have been providing over 250 home delivered meals each week across all of Routt County, from Toponas to Clark and Steamboat Springs to Hayden. Meals are also available to pick up in Steamboat for clients that call ahead. We are taking specific precautionary measures to ensure safe handling and delivery of all meals. We have a limited number of staff in the building and in the kitchen. Staff and all food handlers wear gloves. All surfaces (including the insulated food bags) are disinfected before and after each days use. We continue to tailor our procedures as necessary and are following all state and local public health orders.

We are taking shopping orders and errand requests and we are here to get essential things for you and deliver them to your door. Transportation serves are available to essential appointments, but again, our goal is to minimize exposure to clients, staff, and community members.

There are silver linings all around us in this trying time. The most important lesson I have learned in the past few weeks is to have an abundance of gratitude! I am grateful for little things like milk, eggs and chocolate. I am grateful for the love and support I have seen from our community. I am especially grateful for all the hard work of our staff and volunteers. I am grateful to hear from family and friends, and I am grateful for all of you reading this. You make up a wonderful and special community! I WILL be grateful to see each of you again!

If you have any questions, please feel free to reach out to me directly. 970.879.0633 xt. 5

My best to you all during this time,

A handwritten signature in black ink that reads "April Sigman". The script is cursive and fluid.

April Sigman
Executive Director
Routt County Council on Aging





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



Funnies from Chris (in the kitchen):

*Who was the fool that put the needle in
the haystack in the first place?*
~Unknown

*A cop pulled me over and told me
“papers”, so I said “scissors. I win!”*
~Unknown



STAFF RECOMMENDATIONS, WHAT TO DO WHILE STAYING HOME:

ELLYN:

BOOKS - THE PARIS ARCHITECT
WINTER GARDEN
JERUSALEM ASSASSIN
MOVIES - DAN IN REAL LIFE
GLADIATOR
OTHER ACTIVITY - ORGANIZE THAT LAST BOX
OF KID/GRANDKID PHOTOS

APRIL:

BOOKS-THE POWER OF ONE
AMERICAN WOLF
MOVIE- THE BIGGEST LITTLE FARM
OTHER ACTIVITY-PAINT, DRAW OR PLANT
SEEDS

Save the Date...

The annual **Spring Fling** is *tentatively* set for
Thursday, May 14!



**This year we look forward to celebrating
with a Community Carnival! See you soon!**

Doctor on Front Lines of Coronavirus Offers 6 Tips for Staying Safe

David Price Outlines Practical Tips On How to Protect Yourself



Dr. David Price, Pulmonary Critical Care Specialist at Weill Cornell Medical Center in New York City shares information with family and friends on empowering and protecting families during the COVID-19 pandemic. He explains in detail proven, practical tips to keep you safe and what to do if you or a family member begins to show symptoms.

According to Dr. Price, the transmission of the virus is almost exclusively from your hands to face. The overwhelming majority of people are getting the disease in this way. Sustained contact with someone who has the disease, or is about to show symptoms in the next 1-2 days is also possible, but the thought at this point is that this is only during very long sustained contact, about 15-30 minutes in an unprotected environment. (Closed room and no mask.)

Dr. David Price outlines practical tips on how to protect yourself.

- 1) Always know where your hands are and make sure they are clean at all times
- 2) Learn how to avoid touching your face
- 3) You don't need a medical mask
- 4) Distance yourself from others, a 3-6 feet distance
- 5) Don't be scared of the outside world and your neighbors
- 6) Shrink your social circle & set social boundaries

Many thanks to Dr. David Price and the medical staff at Weill Cornell Medical Center for their continued work and guidance through this challenging time. To see Dr. Price's full video go to <https://b101philly.radio.com/articles/radiocom/coronavirus-empowering-yourself-protecting-your-family>

What do you do if you get this disease?

If you or a family member develops a fever and is otherwise fine, isolate from your family elsewhere in your home. If able, have the person in a separate room and their own bathroom. The key is to not have sustained contact with people who have the disease. Call your healthcare provider or the nurse help line at Yampa Valley Medical Center 970-871-7878.

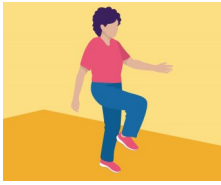
For information from UC Health on what to do if you may have coronavirus visit <https://www.uchealth.org/today/think-you-might-have-covid-19-what-should-you-do/>

For the latest Routt County media releases go to <https://www.covid19routtcounty.com/latest-news>

For resources on COVID-19 from the Colorado Department of Public Health and Environment (CDPHE), visit: <https://covid19.colorado.gov/> or call CO Help at 1-877-462-2911.

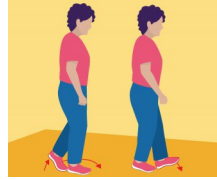
6 Safe and Easy Exercises To Do at Home

1. March in Place



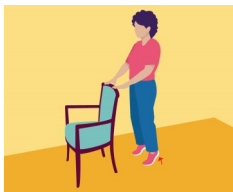
Marching is a great balance exercise for seniors. If you need to hold onto something, hold onto the back of a chair. Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

2. Walking Heel to Toe



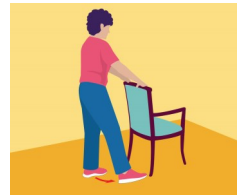
Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

3. Toe Raises



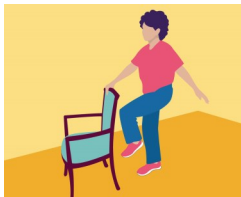
This strength training exercise improves balance. Stand straight and put your arms on the back of a chair in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.

4. Side Leg Raises



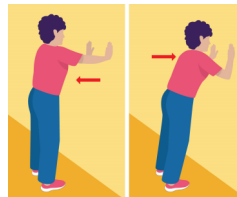
Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg

5. Single Leg Stand



Lift your right foot and balance on your left foot. Hold that position for 10– 15 seconds, then switch feet. The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

6. Wall Push Ups



Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Repeat this 20 times.

MY FAVORITE EXERCISE IS A
CROSS BETWEEN A LUNGE
AND A CRUNCH...

I CALL IT LUNCH



I'm breathing...
trust me, that's a
huge
accomplishment.

A Special Thank You to everyone who has reached out and all of the volunteers working hard for us...

I am amazed and so appreciative of everyone who has reached out to volunteer and help in some way or another. We continue to run background checks for those interested in volunteering with us and we are practicing social distancing, but there are so many ways volunteers are helping.

We have connected volunteers with many area seniors through phone calls. I have received great feedback about connections made and stories shared! **THANK YOU** to the many wonderful people continuing to connect over the phone! There are just too many to name here.

Thank you **Nancy Mucklow, Diane Stykko, Stone Soup** and the **United Methodist Church**.

Thank you **Katie Brown, Connie Fry, Leif McCole, Barb Shipley, Alpine Bank, Christy Sports, Remax, Steamboat Ski Corp., and Walmart** for helping with essential grocery bags.

Thank you **Lift Up, United Way, NW CO Health** and all human service organizations working hard to meet the needs of our community.

Thank you to everyone in the medical field, Doctors, Nurses, Paramedics and everyone on the front line working extra hard to keep us safe.

And Thank you to the steadfast volunteers who have been with us for so long, continuing to help us provide services in so many ways! **GOD BLESS YOU!**

Meals on Wheels Delivery Drivers

Julie Alkema

Ashley Demos

Julie Lind

Jim McGee

Tosia Sauter

Susan Scott

Rozanne Steinhoff

Tom Swissler

Other Volunteer Efforts

Meg Tully

Terri Reeves

Rebecca Wattles



THANK YOU DONORS!
Donations Received February 2020

Julie Alkema
Michael and Janet Arroyo
Toni Cratsley
Bridge Players Benevolent Fund
Bridging the Gap
City of Steamboat Springs
Noreen Guler
Ron and Mary Kay Graver
HLCC Construction Company
Jim McGee
Mountain Valley Bank
Routt County
Tai Chi Group
Town of Oak Creek
Leonarda VanDerWerf

Catherine Voorhees in Memory
of Jim Pitzer



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

Stay Home ... Stay Healthy ... Stay Safe

HIGH RISK POPULATIONS

People w/ chronic medical conditions

Age 60+, especially those 80+

GREATEST RISK

60+ w/ chronic medical conditions



Clean Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.

Avoid Close Contact

- COVID-19 is spreading in this community. Keep 6 feet between yourself and other people to stay healthy.
- You can get the virus from people who look and feel healthy.
 - It can take 2-11 days between exposure and symptoms.
 - ~25% of people don't ever show symptoms.



CORONAVIRUS DISEASE 2019 (COVID-19)



Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

CURRENT SERVICES OF RCCOA

What's Available, What's Not



Meals on Wheels

During this time any senior 60 years and better can receive a hot, delicious meal delivered to their door. The recommended donation for meals is \$3.00 for those 60 and better.

Reservations required 24 hours in advance.

Meals are delivered in

Steamboat Springs M, T, Th, F

Oak Creek M,W,F

Hayden T, Th

Frozen meals are also available.

Please inquire. 970.879.0633

The Best Lunch in Town

All group meals are temporarily discontinued. As of April 1st you can pick up a to go meal at the Steamboat Community center if you call 24 hours in advance. The recommended donation for meals is \$3.00 for those 60 and better. The fee for those under 60 is \$10.25. Please call us for updates.

Reservations requested 24 hours in advance.
Call 970.879.0633.

Need A Ride to an Essential Service? Call Us.

RCCOA is providing transportation to and from medical appointments, but leave the shopping, pharmacy or other errands to us.

We are happy to get you what you need and deliver to your door but we are not taking seniors shopping and are limiting our shuttle to one passenger at a time.

Reservations are required 48 hours in advance.
Contact Ellyn for information or a reservation.
970.879.0633 xt. 4

Grocery Shopping

Provide us with your shopping list and we are happy to shop and deliver things to you. We are also available to pick up and deliver your Rx. Call 970.879.0633 for more information.

Do You Need to Borrow Medical Equipment?

RCCOA has wheelchairs, walkers, canes, toilet riser seats, shower transfer chairs and a few other supplies available to borrow for FREE. Call for information or to pick up.

970.879.0633.



Bingo and Bridge

Bingo, bridge and all other social activities are temporarily discontinued.

We will keep you informed when these activities can resume. Call 970.879.0633 if you have questions or for updates.

Exercise

Northwest Colorado Health has canceled all exercise classes and Aging Well services until further notice. Please 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.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
6 Chicken Marsala Brown Rice Spinach Multi-grain Roll Tossed Salad Strawberry Shortcake	7 Breaded Pork Chops Green Beans Stuffed Apples Tossed Salad Orange German Chocolate Cake	8 Beef Burrito Brown Rice Refried Beans Mexican Salad Chocolate Chip Cookie	9 Beef Burrito Brown Rice Refried Beans Mexican Salad Chocolate Chip Cookie	10 Seafood Creole Dirty Rice Peas French Bread Tossed Salad Lemon Bar
13 Ham Scalloped Potatoes Green Beans Carrot Salad White Roll Orange Carrot Cake	14 Beef Liver w/onions Au Gratin Potatoes Peas Wheat Roll Tossed Salad Apple Crisp	15 Chicken & Dumplings Crackers Tossed Salad Oatmeal Cookie	16 Chicken & Dumplings Crackers Tossed Salad Oatmeal Cookie	17 Black Bean Burger Zucchini Peas Fruit Chocolate Chip Cookie
20 Chicken Strips Sweet Potato Fries Mixed Vegetables Pasta Salad Fruit Cocktail	21 Pot Roast Mashed Potatoes w/ garlic Wheat Roll Tossed Salad Apple Crisp	22 Pot Roast Mashed Potatoes w/ gravy Wheat Roll Tossed Salad Apple Crisp	23 Broccoli Cheese Soup Ham & Cheese Salad Cucumber/Tomato Salad Strawberries w/vanilla ice-cream	24 Pork Lo Mein Asian Vegetables Egg Roll Asian Slaw Pears Peanut Butter Cookie
27 Flank Steak Roasted Red Potatoes Green Bean Biscuit Pears Key Lime Pie	28 Chicken Cordon Blue Rice Pilaf Asparagus French Bread Orange Lemon Bar	29 Kielbasa New Potatoes w/butter & parsley Squash Garlic Bread Pineapple Mandarin Orange	30 Kielbasa New Potatoes w/butter & parsley Squash Garlic Bread Pineapple Mandarin Orange	1 Fish Sandwich Mac-n-Cheese Green Beans Red Cabbage Salad Fruit Granola Parfait

Please call 970-879-0633 24 hours in advance to request a meal delivered or to pick up a to go meal.

Nutrition analysis provided by Melaine Hendershott, R.D.