



SENIOR SCOOP

News and Views from the Council on Aging

June 2020



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Summer is finally here. That doesn't mean we won't see any more snow...just not as much. Now I just have to remember to cover my tomato plants when the temperature looks edgy. The Routt County Council on Aging is trying to determine when we can return to normal operations without endangering any of the people we are sworn to serve. We will let everyone know how things develop.

We should all try to take advantage of the attractions in the Steamboat, Hayden and South Routt areas whenever we can and the weather is nice. Some of my favorites are the Yampa River Botanic Park, Fish Creek Falls, Steamboat Lake and Pearl Lake. Also there are the local museums when they reopen. To the south try Stagecoach Reservoir and Stillwater Reservoir; and if you are driving the road through the Flattops over Dunkley Pass is great. To the west, try Yampa River State Park and the drive through California Park. Craig has the Wyman Museum and the Museum of Northwest Colorado.

Enjoy the summer and try to get outside to enjoy this beautiful valley in which we live.

Jim McGee
RCCOA Board President

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April Sigman
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Steamboat Kitchen Asst.

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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.

Restaurants and other businesses are re-opening, when will we resume to normal at RCCOA? I am asked this question frequently and I am optimistic yet cautious. I am optimistic that, yes, sometime this summer we will resume group meals, we will have social activities like bridge and bingo, and we will go on a field trip! But I can not tell you yet when that will be. The coming weeks will help us decide if it is safe to resume social activities with groups. As more people are out in public and our community remains healthy, we will know then, that it is safe to open our doors (and more frequently eat outside!). I read today's (5/28/2020) Routt County COVID -19 statistics and I am relieved to see that there are currently 0 active cases in Routt County. This is the first time in over 2 months that the county has reported 0 active cases, despite increased testing! When Routt County has reported 0 active cases for many weeks, then we will consider resuming "more normal" activities. In the meantime, please be cautious with your health and the health of those around you. Stay home if you feel you should, continue to limit your exposure to people, wear a face covering in public and wash your hands frequently!

If you are struggling, feeling lonely or isolated, please reach out. There are so many ways this community is here to support one another. We are here to help, to listen, or to help you find the resources you need. Please take good care of yourselves and of others!

Warmly,



April Sigman,
RCCOA, Executive Director



What do you need? How can we help you? We are here for you and want to hear from you!

We are doing our best to meet the needs of our clients, but are we missing something? Please let us know.

970.879.0633 or email april@rccoaging.org
or ellyn@rccoaging.org



Play Bingo with your RCCOA friends, Fridays at 1pm in the comfort of your home. Call to request your free disposable bingo cards and a dauber and check Facebook weekly for the link to play live or call with questions, 970.879.0633.

To see photos, updates, livestream and more: “Like” us on Facebook

www.facebook.com/Routt-County-Council-on-Aging

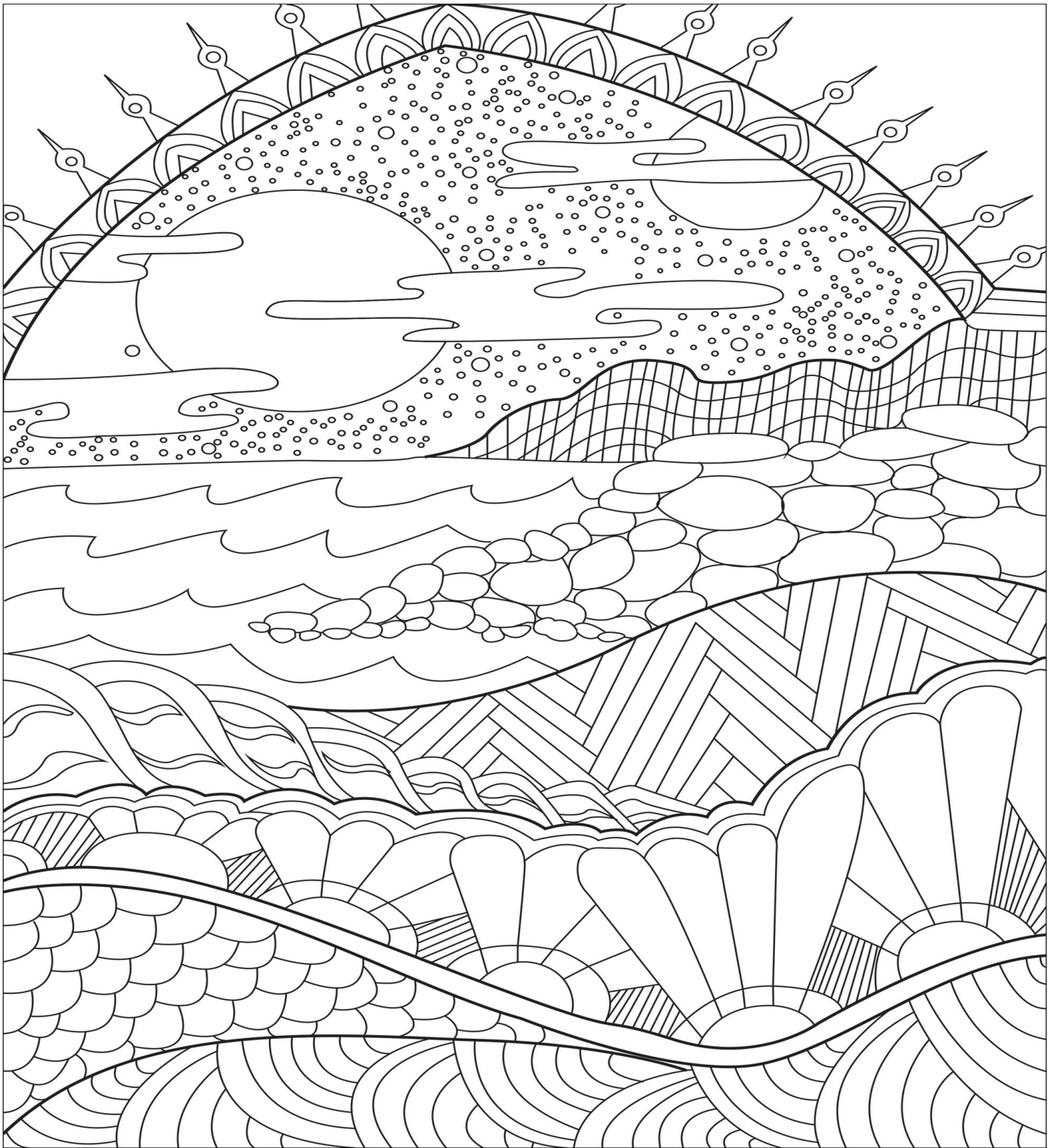


		6		2				
	8		9			6		5
		4			8	7		
							9	
	6	7	8		9			
				4		2		
3	7							
	5				3		1	9
				5				2

Keeping the mind active and engaged prevents boredom and helps keep the brain healthier.

Sudoku

The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.



From Daily Caring Digest; Coloring is a fun, engaging, simple, and soothing activity. It's also a great activity to do when you're staying safe at home.

Submit your completed picture to RCCOA and win a prize!

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

I am so grateful to everyone who has reached out to volunteer and help in some way or another. We have an amazing community!

THANK YOU to the many wonderful people continuing to connect over the phone! I have received great feedback about connections made and stories shared!

Thank you **Nancy Mucklow, Stone Soup** and the **United Methodist Church** for preparing and donating frozen meals.

Clients - Please remember to return the containers to your meal delivery driver.

Thank you **Rocky Mountain Asphalt** for sponsoring the frozen meals from Drunken Onion!

Thank you to the **Yampa Valley Community Foundation COVID Relief Fund** for funding additional frozen meals.

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
Jane Hannon
Kerry Holmquist

Jean Levine
Julie Lind
Jim McGee
Angie Robinson

Tosia Sauter
Cat Schaffrick
Susan Scott
Tom Swissler

Other Volunteer Efforts

Dan Emert
Marjorie Layman
Nancy Noble
Sandi Poltarak

Terri Reeves
Meg Tully
Rebecca Wattles



Nourishing Nuts and Seeds

Nuts and seeds contain primarily, but not solely, polyunsaturated fatty acid. There is usually a lot of linoleic acid, which the body converts to omega-6 fatty acids, and a very small amount of alpha-linoleic acid (ALA), which is converted to omega-3 fatty acids. The opposite ratio is found in foods like leafy vegetables. "We need these in balance for optimum nutrition," says Dr. Sukol.

By eating whole nuts and seeds you are not getting a supercharged quantity of omega-6 fatty acids. You are consuming a food with precisely the right amount, along with other nutrients. "Nuts and seeds are good for us because they have everything in proper proportion, including fiber," says Dr. Sukol.

Eat More Nuts and Seeds

Nuts and seeds pack a powerful nourishing punch. Include these (and others) in your diet:

- Flax seeds
- Sunflower seeds
- Pumpkins seeds
- Chia seeds
- Walnuts
- Almonds
- Cashews
- Pecans



adapted from www.arthritis-advisor.com

	4		9		6		3	
		7	1					
				8	9		6	
2	8			5				
3	9				4	2		
				6	8	7		
							8	2
	3	5						

Find more Sudoku puzzles and other games at

<https://dailycaring.com/free-printable-sudoku-puzzles-for-seniors/>

Solution for puzzle on page 3.

5	1	6	3	2	7	9	4	8
7	8	3	9	1	4	6	2	5
9	2	4	5	6	8	7	3	1
1	4	5	2	7	6	8	9	3
2	6	7	8	3	9	1	5	4
8	3	9	1	4	5	2	6	7
3	7	1	4	9	2	5	8	6
6	5	2	7	8	3	4	1	9
4	9	8	6	5	1	3	7	2

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.

5	4	8	9	2	6	1	3	7
1	6	3	8	4	7	9	2	5
9	2	7	1	3	5	8	4	6
7	5	4	2	8	9	3	6	1
2	8	6	3	5	1	4	7	9
3	9	1	6	7	4	2	5	8
4	1	2	5	6	8	7	9	3
6	7	9	4	1	3	5	8	2
8	3	5	7	9	2	6	1	4

Solution for puzzle on page 6.

*"A non - started project
never gets done."
anonymous quote,
submitted by Bill Anderson*

Please submit any poems, quotes, thoughts,
journal entries, etc. you would like to share in
the newsletter to april@rccoaging.org.

NORTHWEST COLORADO OPTIONS FOR LONG TERM CARE



The Caregiver Support Program and the Senior Equipment and Services Program offered through Northwest Colorado Options for Long Term Care are available to help meet the needs of caregivers and seniors in Garfield, Moffat, Rio Blanco and Routt Counties. Financial assistance may be available to assist people 60+ with services or equipment to meet their needs. This may include assistance with homemaker tasks, home maintenance, personal care, vision or dental needs, or medical equipment. For caregivers who are 60+ or for caregivers who are caring for someone age 60+, financial assistance may be available to assist with respite care, equipment that assists the caregiver in providing care, or caregiver education. If you are interested in learning more about these programs, and whether or not you qualify, please call Nancy McStay at 877-963-8731.

We have received an outpouring of support! **THANK YOU DONORS!**

Donations Received April 2020

Anonymous	HLCC Construction	Foundation
Anonymous	Kenneth and Diane Manley	Rozanne Marie Steinhoff
Julie Alkema	Mark and Marilyn McCaulley	Tom and Barbara Swissler
Charlotte Allen	Jim McGee	Town of Hayden
Gary Anderson	Mountain Tap Brewery	Michelle Thomas
Bradley and Paige Baker	Next 50 Initiative	Thunder Mountain
Charles Gene Cook	Patricia O'Leary	Condominium Association
Charities Aid Foundation of America	Phippsburg Community Club	Leonarda VanDerWerf
City of Steamboat Springs	Terri Reeves	Yampa Valley Community
Jim and Barbara Ficke	Routt County	Foundation COVID -19
Toni George	Routt County United Way	Relief fund
Katherine Gourley	Steamboat Springs Rotary	
Pauline Graham	Club Endowment of the Yampa Valley Community	

*Gone but not forgotten,
Although we are apart
your Spirit lives within us,
Forever in our Hearts.*

Ardy Kneeland in memory of Dale Kneeland

Gard Robinson in memory of Cathy Borland

Kemrys and Tuckers in memory of Eunice Dorr

Anders Anderson, Bud and Jane Romberg, Catherine Voorhees and the Yampa Valley Community Foundation staff in memory of Jim O'Connor

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**



CURRENT SERVICES OF RCCOA

What's Available



Meals on Wheels

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 970.879.0633. Frozen meals are also available.

Meals are delivered in

Steamboat Springs: M, T, Th, F

Oak Creek: M, W, F

Hayden: T, Th

North Routt: Friday (frozen meals)

The Best Lunch in Town

Meals are available to pick up at the Steamboat Springs or Oak Creek Community centers if you call 24 hours in advance. Please arrive at noon to pick up a meal. All group meals are temporarily discontinued, but we hope to resume this summer. The recommended donation for meals is \$3.00 for those 60 and better. The fee for those under 60 is \$10.25. Reservations required 24 hours in advance. Call 970.879.0633.

Need A Ride? Call Us.

RCCOA is providing transportation to medical appointments, shopping or other errands as needed. We are running with limited seating on the van and will not carry more than two passengers at a time. Face coverings are required while on the van, we can provide one if necessary. 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. Please allow 24 hours for shopping and delivery. We will present a receipt and collect payment upon delivery. 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 miscellaneous other supplies available to borrow for FREE. Call for information or to pick up. 970.879.0633.

Bingo and Bridge Go Virtual

Join in for a ZOOM BINGO game every Friday at 1:00pm in June. Call 970.879.0633 to request Bingo supplies to play along or if you have questions. See our Facebook page for the online link each week. There are many ways to play bridge online or with a virtual group. Contact April if you are interested. 970.879.0633

SENIOR EAT *and* GREET

June 2020

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ravioli w/ Alfredo Sauce Tomato & Spinach Caprese Salad Cottage Cheese Peaches OJ	2 Chicken w/ Mushroom Sauce Rice California Vegetables Multigrain Roll Banana Tossed Salad Oatmeal Cookie	3 Sausage w/ Red Beans & Rice Corn Bread Spinach Salad Apricots	4 Sausage w/ Red Beans & Rice Corn Bread Spinach Salad Apricots	5 Mongolian Beef Lo Mein Noodles Egg Roll Asian Broccoli Salad Apricots Fortune Cookie
8 Beef Chili Cheese Burrito Spanish Rice Pinto Beans Mexican Salad Fruit Parfait	9 Tuna Wrap Tomato Soup Crackers Deviled Eggs Ambrosia Salad	10 Baked Chicken Mac-n-Cheese Stewed Tomato Wheat Roll Tossed Salad Orange	11 Baked Chicken Mac-n-Cheese Stewed Tomato Wheat Roll Tossed Salad Orange	12 Pizza Salad w/ Garbanzo Beans & Raisins Peanut Butter Bar
15 Pork Stir Fry Rice Cauliflower Egg Roll Spinach Salad w/ oranges Peaches	16 Chicken Fried Steak Red Potatoes Mixed Veggies Roll Tossed Salad w/ Garbanzo Beans Pineapple Cake	17 Chicken Fried Steak Red Potatoes Mixed Veggies Roll Tossed Salad w/ Garbanzo Beans Pineapple Cake	18 Vegetable Pasta Primavera Spinach Salad w/Eggs Wheat Roll Strawberries & Bananas	19 Chicken Sandwich French Fries Peas & Carrots Slaw Apple Turnover
22 Beef Stroganoff Noodles Asparagus Caesar Salad Chocolate Mousse	23 Fish Creole Rice Pilaf Corn French Bread Slaw Blonde Brownie	24 Fish Creole Rice Pilaf Corn French Bread Slaw Blonde Brownie	25 Chicken Strips Fries Corn Baked Beans Soft Pretzel Chocolate Covered Banana	26 Lasagna Spinach Garlic Bread Caesar Salad Mixed Berries Apple Crisp
29 Spinach Quiche Tossed Salad w/Sunflower Seeds Blueberry Muffin Chocolate Pudding	30 Chicken Caesar Salad Brussel Sprouts Bread Cottage Cheese Apple Pie	1 Pulled Pork Sandwich Sweet Potato Fries Green Beans Orange Tossed Salad Coconut Cream Pie	2 Pulled Pork Sandwich Sweet Potato Fries Green Beans Orange Tossed Salad Coconut Cream Pie	3 Beef Tacos Spanish Rice Bean & Corn Casserole Tossed Salad Fruit

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