



# SENIOR SCOOP

## News and Views from the Council on Aging

**May 2020**



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I drove through town yesterday and I noticed that the number of cars and people on the streets reminded me of how Steamboat Springs looked when I moved here in 1970. More buildings of course, stoplights and paved streets; but still a flashback to the ways things used to be. I masked up and picked up a couple of tacos to bring home for lunch...it was almost like dining out. Actually, it was better. It's finally springtime so we sat outside and enjoyed the fresh air.

Currently, the peak of COVID-19 cases appears to have passed. Like many of you, I've lost someone I knew and have experienced some difficulty; but most of our lives will continue on. The Routt County Council on Aging has had the opportunity to provide many additional services to our clients, and we are looking forward to bringing back our group meals. Unfortunately, we don't know yet when that will happen; but we will let everyone know when it becomes safe and feasible.

Thank you to all of the volunteers who have helped us deliver Meals on Wheels and performed grocery shopping services. We couldn't have helped so many people without your help. Also, thank you to the many people who have made contributions to RCCOA. We couldn't have made a difference in these difficult times without your continued support.

Let's remember that although our lives may return to semi-normal before too long, threats like COVID will still exist. Cleanliness and some degree of social distancing should be part of our lives. Let's make sure that we take care of ourselves and don't unnecessarily expose others to dangers. I wish you all well.

Jim McGee  
RCCOA Board President

### Staff

**April Sigman**  
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**Chris Becea**  
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Cook

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**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.*



## **Moving from Stay-at-Home to Safer at Home Due to the Presence of COVID-19 in the State**

Colorado is moving from the Stay-at-Home level into the Safer at Home level. While at this level, Coloradans are strongly advised to continue staying at home to the greatest extent possible, only interacting with your household contacts and only leaving for essential activities. **At-risk individuals, such as people 65 and older, should continue to stay at home unless absolutely necessary.**

### **What does this mean for Coloradans?**

- **Vulnerable people (everyone over the age of 65) at high risk of severe illness from COVID-19 should follow Stay-at-Home recommendations, which means only leaving home for medical care and essential activities.**
- Coloradans should stay home as much as possible, leaving only for a limited number of specific activities.
- When you go out, you must follow physical distancing requirements (6 feet of space between yourself and others) and wear a mask or face covering.
- People who have COVID-19 symptoms must isolate unless they have a negative test result. As the state works to build up testing capacity, self-isolating when you are ill is the best course of action. Please read how to isolate, which includes symptoms.
- Only essential travel in- or out-of-state is permitted.
- Sick people must not go to work.

### **Should I wear a mask?**

Colorado is asking everyone to wear a non-medical cloth face covering while out in public for necessary activities like grocery shopping, going to work or walking your dog. Please use a cloth covering that will cover your mouth and nose and use it whenever you are outside your own house or yard. Scarves and bandanas will work as coverings. Wash your face covering regularly.

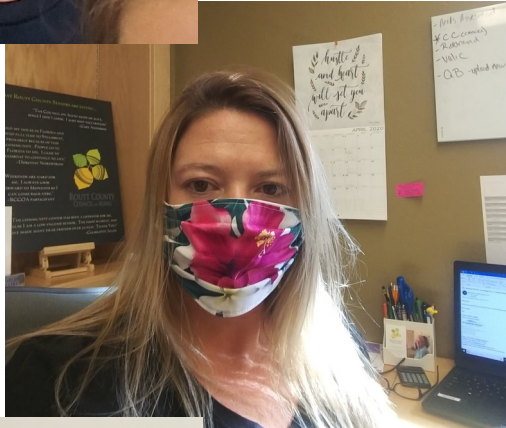
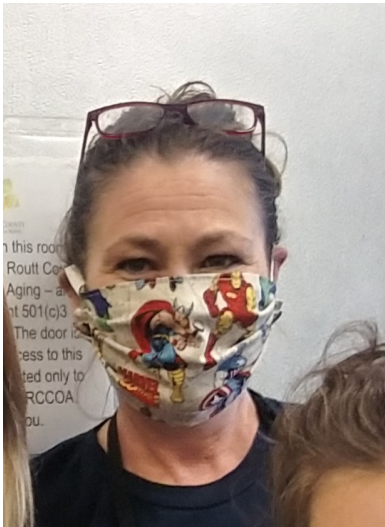
### **What are the “Social Distancing” or “Physical Distancing” Requirements?**

- Keeping 6 feet of physical distance between all people at all times. The 6-foot rule does not apply to people who live in the same house as you
- Washing hands as often as you can. Wash with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

# Hi! We Miss You

~From the RCCOA family

Doing our part to keep us all healthy!



Let's  
Remember

**Memorial Day  
Monday,  
May 25th**



**All Sites Closed**

No meal deliveries.



**Mother's Day  
Sunday, May 10th**



**Save the Date... To Be Determined.**

**The annual **Spring Fling** will be returning (sometime)!**

**This year we look forward to celebrating with a Community Carnival! See you soon! We hope you enjoy these photos and great memories from last year's Luau!**



## 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 **Susanmarie Oddo** and the middle school art students for the beautiful cards!



Thank you to the **Yampa Valley Community Foundation COVID Relief Fund** for funding the second round of essential grocery bags, and Kerry H. and Becky H. for your help.

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

|                        |                       |                       |
|------------------------|-----------------------|-----------------------|
| <b>Julie Alkema</b>    | <b>Jean Levine</b>    | <b>Tosia Sauter</b>   |
| <b>Ashley Demos</b>    | <b>Julie Lind</b>     | <b>Cat Schaffrick</b> |
| <b>Jane Hannon</b>     | <b>Jim McGee</b>      | <b>Susan Scott</b>    |
| <b>Kerry Holmquist</b> | <b>Angie Robinson</b> | <b>Tom Swissler</b>   |

### Other Volunteer Efforts

|                        |                        |
|------------------------|------------------------|
| <b>Dan Emert</b>       | <b>Terri Reeves</b>    |
| <b>Marjorie Layman</b> | <b>Meg Tully</b>       |
| <b>Nancy Noble</b>     | <b>Rebecca Wattles</b> |
| <b>Sandi Poltarak</b>  |                        |



# Engaging Blogs for Seniors

(adapted from an article on [leisurecare.com](http://leisurecare.com) by Alissa Sauer)

Today's senior generation has been on the front lines of a changing and evolving world – especially when it comes to the use of technology and social media. From a world where social media was unheard of to a world dominated by it, many seniors have adapted to the demands of a new communication method, using social media to stay connected with family, friends & each other.



Beyond increasing communication, seniors are using social media to explore different aspects of aging – especially through blogs. From financial planning to parenting adult children, health news, senior travel plans, and even for a humorous perspective on aging, blogs are filling a void for seniors looking to find community, friendship, and advice. These 5 blogs are updated regularly, have a substantial following, and encourage a positive approach to aging:

1. **Roaming Boomers:** David and Carol Porter are “The Roaming Boomers” and launched the blog to inspire seniors to see the world. [www.theroamingboomers.com](http://www.theroamingboomers.com)
2. **The Elder Chicks:** A blog run by two senior women, Dr. Thelma Reese and Dr. Barbara Fleisher. With the subtitle, “Helping each other master the art of a senior life,” the blog does just that. The Elder Chicks is a great place to find community & share your thoughts on a changing world. [www.elderchicks.wordpress.com](http://www.elderchicks.wordpress.com)
3. **The Upside to Aging:** A blog for caregivers run by Molly Wisniewski, who has been a dementia caregiver for over 10 years. She brings a positive and optimistic side to caregiving while acknowledging the frustrations felt by many dementia caregivers. [www.theupsidetoaging.com](http://www.theupsidetoaging.com)
4. **Senior Planet:** Senior Planet harnesses technology to change the way we age. Our courses, programs, and activities help seniors learn new skills, save money, get in shape, and make new friends. [www.seniorplanet.org](http://www.seniorplanet.org)

I pledge  
— TO COMPLETE —  
the census to shape  
the future of

Routt County

Shape  
your future  
START HERE >

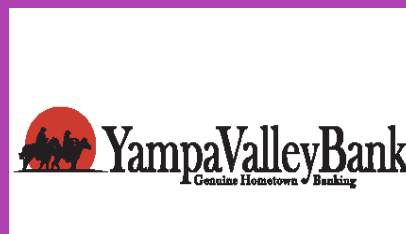
United States®  
Census  
2020

**THANK YOU DONORS!**  
**Donations Received March 2020**

American Legion Post #44  
 Julie Alkema  
 Anders Anderson in memory of Jim  
 O'Connor  
 Jim and Louise Brainard  
 City of Steamboat Springs  
 Gary Haberlan  
 HLCC Construction Company  
 Julie Lind  
 Meals on Wheels Association of America  
 Katy McClanahan  
 Jim McGee  
 Laurie Milne  
 Mountain Tap Brewery  
 Ellyn and Scott Myller  
 Steve Otis  
 Marilyn Page  
 Holly Rogers  
 Routt County  
 Pegi Simmerman  
 Steamboat Bridge  
 Rozanne Steinhoff  
 Leonarda VanDerWerf



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](http://www.rccoaging.org)

## COVID - 19 Staying Connected - Elder & At Risk

It has been months since the first case of COVID19 was confirmed in the United States. The whole world changed overnight, as did the lives of our older and at risk population. The virus silently took over the world and changed the definition of “norm and routine” for all of us.



No one was prepared for such a change in our lives. Expectations changed, families were torn apart and worse yet our elderly and at risk population became isolated. At a time when families needed each other more than ever, we were asked to keep our distance from those we love. Still, we are asked to keep our distance from this high risk population. We are told, everyone is vulnerable, especially our elderly population. As a community, we vigilantly followed the stay- at-home order, while our hearts wept for our friends and family.

The stay-at-home order has been lifted and we are now practicing safe-at-home, while also being asked to respect and remain vigilant and considerate of our elderly and at risk population. As a community we are able to continue to reach out to those at risk. We must be creative, using methods of communication that at times may seem inconvenient. Nothing keeps us from using the many methods of tele-communication that allows us to see our loved ones, talk to them and most of all let them see you and know they are not alone. Community members, can also reach out to the elder and at risk population through cards, posters, etc. that let our at risk community members know they are not forgotten.

If you're wondering how you can help or what you can do. Remember, a simple gesture of kindness, such as a hello is a start. If you have a neighbor or friend that you know is at risk, reach out and ask if they need anything from the store or pharmacy. Wear your mask and gloves when communicating with them or when near them. Be kind and reassuring to those who may be worried or alone.

If you have knowledge of any elder or at risk individual that may be living alone or does not have any support, call the Routt County Council on Aging at 970-879-0633 or Horizons at 970-871-8558 and say something. You can make a change in someone's life. If you suspect abuse, neglect, exploitation, or self-neglect of an at-risk adult we urge you to make a report to the Routt County Department of Human Services Hotline at 970-367-4056.

As a community we are stronger together and can overcome the challenges of Coronavirus. We will persevere together as one.

**If you experience an EMERGENCY please CALL 911!**

**The emergency room IS open and medical staff is available to help you! Please do not put yourself at greater risk by avoiding the hospital.**



# 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  |
| 27<br>Flank Steak<br>Roasted Red Potatoes<br>Green Bean<br>Biscuit<br>Pears<br>Key Lime Pie       | 28<br>Chicken Cordon Blue<br>Rice Pilaf<br>Asparagus<br>French Bread<br>Orange<br>Lemon Bar                | 29<br>Kielbasa<br>New Potatoes w/butter & parsley<br>Squash<br>Garlic Bread<br>Pineapple<br>Mandarin Orange | 30<br>Kielbasa<br>New Potatoes w/butter & parsley<br>Squash<br>Garlic Bread<br>Pineapple<br>Mandarin Orange | 1<br>Fish Sandwich<br>Mac-n-Cheese<br>Green Beans<br>Red Cabbage Salad<br>Fruit Granola Parfait     |
| 4<br>BBQ Chicken<br>Potatoes<br>Spinach<br>Biscuit<br>Tossed Salad<br>Fruit Cocktail              | 5<br>Veg. Chili Rellenos<br>Succotash<br>Wheat Roll<br>Tossed Salad<br>Tapioca Pudding                     | 6<br>Pork Loin<br>Scalloped Potatoes<br>Cauliflower<br>Wheat Roll<br>Spinach Salad<br>German Chocolate Cake | 7<br>Pork Loin<br>Scalloped Potatoes<br>Cauliflower<br>Wheat Roll<br>Spinach Salad<br>German Chocolate Cake | 8<br>Cheeseburger Pie<br>Peas<br>5 Bean Salad<br>Orange Sherbet<br>OJ                               |
| 11<br>Beef Tips<br>Mashed Potatoes w/ gravy<br>Corn<br>Wheat Roll<br>Tossed Salad<br>Strawberries | 12<br>Crab Cakes<br>Potato Broccoli Soup<br>Chef Salad<br>Lemon Bar  | 13<br>Crab Cakes<br>Potato Broccoli Soup<br>Chef Salad<br>Lemon Bar   | 14<br>Smothered Chicken<br>Burrito<br>Spanish Rice<br>Green Salad<br>Banana<br>Ice Cream<br>OJ              | 15<br>Ham & Broccoli<br>Pasta Casserole<br>Corn<br>Garlic Bread<br>Tossed Salad<br>Cookie           |
| 18<br>Ribs<br>Sweet Potatoes<br>Wheat Roll<br>Slaw<br>Tossed Salad<br>Brownie                     | 19<br>Teriyaki Chicken<br>Lo Mein Noodles<br>Stir Fry Veggies<br>Egg Roll<br>Asian Salad<br>Fruit Cocktail | 20<br>Brisket<br>Sweet Potatoes<br>Broccoli<br>Wheat Roll<br>Tossed Salad<br>Ice Cream Sandwich             | 21<br>Brisket<br>Sweet Potatoes<br>Broccoli<br>Wheat Roll<br>Tossed Salad<br>Ice Cream Sandwich             | 22<br>Black Been Burger<br>Peas<br>Zucchini<br>Slaw<br>Chocolate Chip<br>Cookie                     |
| 25<br>Memorial Day<br>All Sites Closed  | 26<br>Cajun Catfish<br>Yams<br>Corn<br>Apple Cranberry Slaw<br>Hush Puppies<br>Cake                        | 27<br>Pork Chop<br>Stuffing<br>Green Beans<br>Tossed Salad<br>Oranges<br>German Chocolate Cake              | 28<br>Pork Chop<br>Stuffing<br>Green Beans<br>Tossed Salad<br>Oranges<br>German Chocolate Cake              | 29<br>Sloppy Joes<br>Sweet Potatoes<br>Cauliflower & Broccoli<br>Tossed Salad<br>Ice Cream Sandwich |

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