



SENIOR SCOOP

News and Views from the Council on Aging July 2020



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Summer is finally here!

Life feels like it is slowly returning to normal... or at least semi-normal. We can see and talk to our friends and drop by a restaurant occasionally. The Council on Aging is resuming group meals in Steamboat, and this may change in a day's notice, but it is absolutely necessary that we make reservations in advance and wear face masks. If we care for ourselves and others, life will return to normal before too long. Keep wearing your mask and maintain social distancing. This is still real life.

It is still summer! Enjoy being outdoors. Even if you are just sitting outside to read a book, let's enjoy being outside when we can. I've got a hummingbird feeder hanging on the porch and I'm amazed at the number of hummingbirds it attracts. I get three different varieties: Black-chinned, Broadtails and Rufous (which start arriving in July). I built an owl house for a friend and they are looking forward to seeing the owls consistently. Also, owls eat mice!

The gondola at the Steamboat Resort is now open on the weekends. If you get a chance, take a ride and see the view from the top. It's fantastic and a great place for a picnic. Or take a scenic drive to the Flat Tops, Pearl Lake or Dumont Lake. We have so much amazing scenery right here in Routt County! Enjoy your summer and be safe!

Jim McGee
Board President



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Hayden Assistant

Cheryl Carl
South Routt Kitchen Asst.

Charlotte Whaley
South Routt Kitchen Asst.

Exciting News ~ New things happening thanks to additional grant funds!



Thanks to a grant from Live Well Colorado, you will be eating local food and supporting our local farmers and ranchers. Routt County Council on Aging is able to partner with the Community Agricultural Alliance (CAA) for weekly farm shares of fresh produce, eggs and meat through the summer and into fall! Thank you Live Well Colorado, CAA and our local farmers!



We are starting a new “Friendly Visitor” program thanks to a grant from the Meals on Wheels Association of America. Friendly Visitor programs pair volunteers with seniors to provide overall companionship and support by spending time, sharing conversation, playing games and other activities. Visits will be 1 - 2 times per month and RCCOA will match people with common interests. Would you like to be paired with a friendly visitor? Maybe you would like to connect to a family with children, maybe you would like to discuss books or movies. All volunteers will be background screened and assessed. Contact April if you would like more information or to fill out a questionnaire with your interests to get you connected. 970-879-0633 xt 5.

Tea and Talk Social

Join us in a small group gathering July 23rd at 12:30 pm for facilitated discussion and refreshments at the Steamboat Springs Community Center.



What do you think the best age is to be? What are you most proud of and why? What did you learn in your career that you wish you would have known earlier? These are just some examples of discussion questions.

Genuinely listening to someone is an act of kindness.

Ask someone to share their story with you, and the conversation will be a gift to you both.

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

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

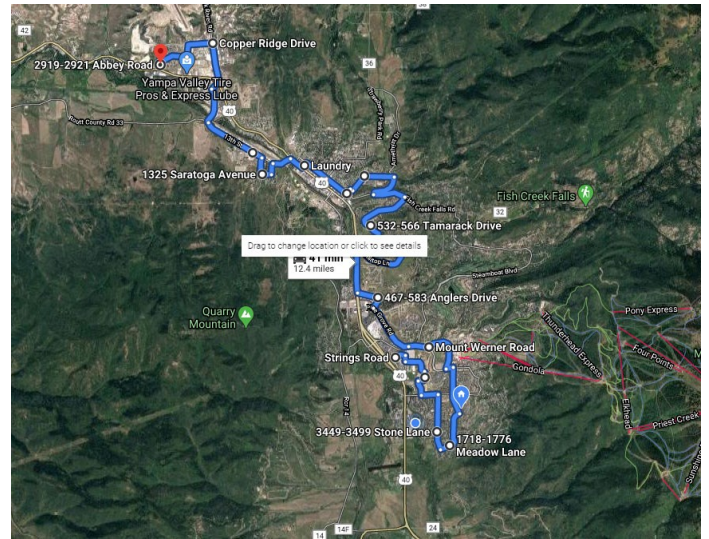
Sudoku

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.

Things To Do This Month

Red White and Blue Drive Through July 4th, 10am - Noon

A new take on Steamboat's classic parade, this event brings all the essential elements of a patriotic procession to the neighborhoods of Steamboat Springs. The Drive-Through will eliminate groups congregating on Lincoln Ave and allow people to adhere to public health orders and physical distancing requirements. Police cars and fire trucks will lead the procession in a rolling closure through town and streets will remain open. A live broadcast from Steamboat Radio will track the location of the procession. See full details at <https://www.steamboatchamber.com/events/annual-events/fourth-of-july/>.



Enjoy a free guided **walking tour of the Yampa River Botanic Park** led by Board members and volunteers. Learn about the history of the Botanic Park and the plants that thrive in the Yampa Valley. Recurring weekly on Sunday and Wednesday 10:00 - 11:30 am through September 16th. Participants are limited to 9 per tour and must preregister. Participants are required to wear a face-covering and must stay 6' apart. Call for more information or to register 970-846-5172.

Yoga on the Green at the Yampa River Botanic Park will be held Tuesdays, Thursdays, and Saturdays from 9 – 10 a.m., weather permitting. Meet on the Green! Participation is limited to 50 people and is on a first-come, first-served basis. Please wear a face covering and space mats at least 6 feet apart. Practicing on the Park Green is unlike any class you've ever taken. Surrounded by the beauty of nature, delicate gardens and a serene pond, you'll find the peace and stillness are unmatched in the Botanic Park. Please walk, bike, or carpool to yoga whenever possible as there is limited parking. For more information go to www.yrbp.org or call Patty Zimmer at 970-846-5608. A \$10 donation is requested.



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

**Thank you to the volunteers, new and seasoned, who continue to help us
provide services in so many ways! GOD BLESS YOU!**

Meals on Wheels Delivery Drivers

**Julie Alkema
Mike Berdine
Jessica Clark
Ashley Demos
George Detwiler
Becky Hammond
Jane Hannon
Kerry Holmquist**

**Lynne Ismar
Beth Kuczkowski
Margie and Jay Layman
Susie Lee
Jean Levine
Julie Lind
Jim McGee
Terri Reeves**

**Angie Robinson
Tosia Sauter
Cat Schaffrick
Susan Scott
Don Sperry
Tom Swissler
Meg Tully**

Other Volunteer Efforts

**Dan Emert
Marjorie Layman
Nancy Noble**

**Sandi Poltarak
Terri Reeves
Rebecca Wattles**



**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.**

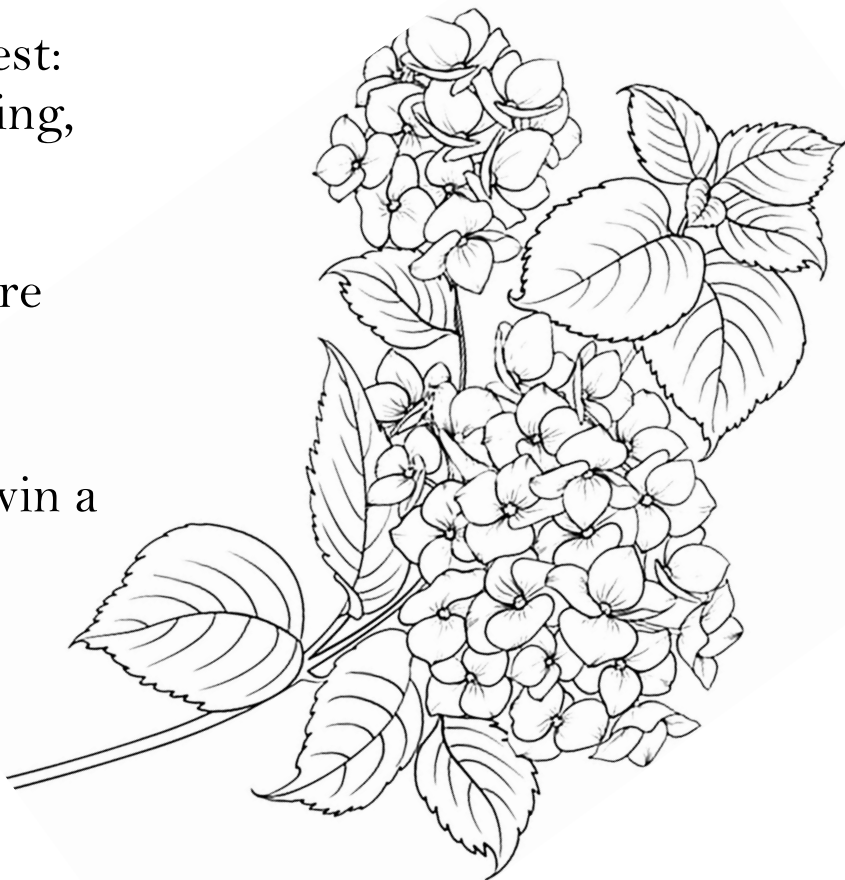


**Kristopher
and Becky
Hammond**



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!



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

Find more Sudoku puzzles and other
games at

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

Solution for puzzle on page 3.

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

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.



“The best thing about wearing a face covering is you don’t have to worry about spinach in your teeth!”
 ~Ellyn Myller 🤗😄

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

Solution for puzzle on page 6.

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

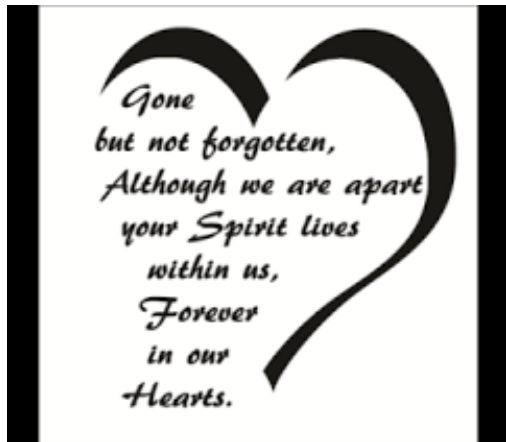
Play Bingo with your RCCOA friends, Fridays at 1pm in the comfort of your home or at the Steamboat Community Center. Call to request your free disposable bingo cards and a dauber and check Facebook weekly for the link to play live or call with questions, 970.879.0633.



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

Donations Received May 2020

Anonymous	COVID 19 Hunger Relief Fund	Next 50 Initiative
Anonymous	Gil Fifield	Dorothy Nordstrom
Russell and Carol Atha	Ethelyn Foreman	Thomas Pratt
Paula Black	Grace Holt	Routt County
Debora Castro	HLCC Construction Company	Routt County United Way
Charities Aid Foundation of America	Jim McGee	Gene Sanders
City Market	Morgridge Family Foundation	Diana Simon
City of Steamboat Springs	Mountain Valley Bank	Steamboat Group Fund
Grace Compestine		Tai Chi Group
		Leonarda VanDerWerf



Tanna Brock in memory of Colt

Beverly Lehrer-Brennan in memory of Lucille Mitchel

Vi Look in memory of Jack Taylor

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

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)

Eat and Greet

Group Meals are resuming in Steamboat Springs. Space is limited and reservations are REQUIRED 24 hours in advance. Please arrive at noon for lunch. Group meals in Oak Creek and Hayden are still temporarily discontinued, but we hope to resume soon. 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 three 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 Return in Steamboat

Bingo is back on Fridays at 1:00pm in June. Space is limited and face coverings are required. Call 970.879.0633 to request Bingo supplies to play along at home or if you have questions. See our Facebook page for the online link each week. Call for information on bridge. 970.879.0633

SENIOR EAT *and* GREET July 2020

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
6 Pork chop Applesauce Broccoli Wheat Roll Tossed Salad Oatmeal Raisin Cookie	7 Teriyaki Shrimp Rice Spaghetti Squash Tossed Salad Garlic Bread Honey Dew Melon	8 Meatloaf Mashed Potatoes w/ gravy Lima Beans Biscuit Pineapple Salad Vanilla Wafers	9 Meatloaf Mashed Potatoes w/ gravy Lima Beans Biscuit Pineapple Salad Vanilla Wafers	10 Chicken Salad Sandwich Baked Beans Slaw Peaches Chocolate Chip Cookie
13 Cheese Burger French Fries Vegetable Caesar Salad Strawberry Shortcake	14 Spinach Enchilada Spanish Rice Mexican Salad Banana Pie	15 BBQ Chicken Baked Potato Biscuit Tossed Salad Fruit Parfait	16 BBQ Chicken Baked Potato Biscuit Tossed Salad Fruit Parfait	17 Pork Loin Sweet Potato Beets Rye Bread Tossed Salad Applesauce
20 Sweet & Sour Pork Broccoli Egg Roll Asian Salad Pineapple Chocolate Chip Cookie	21 Halibut Rice Pilaf Pea & Carrots Roll Cucumber Tomato Salad Banana Pie	22 Halibut Rice Pilaf Pea & Carrots Roll Cucumber Tomato Salad Banana Pie	23 Chicken Wild Rice Broccoli Cauliflower Carrot Mix Wheat Roll Tossed Salad Mandarin Orange	24 Chili Cheese Dog Onion Rings Tossed Salad Applesauce Cake
27 Baked Chicken Mashed Potatoes w/ gravy Broccoli Wheat Roll Tossed Salad Apple Pie	28 Eggplant Parmesan Green Salad Garlic Bread Waffle w/ Strawberries & Cream	29 Beef Ribs Dirty Rice Green Beans Slaw Roll Banana Pudding	30 Beef Ribs Dirty Rice Green Beans Slaw Roll Banana Pudding	31 Submarine Sandwich Kidney Beans Peaches Watermelon

**Please call 970-879-0633 24 hours in advance for reservations
or to request a meal delivered.**