



ROUTT COUNTY COUNCIL ON AGING

WINTER
2019

The mission of Routt County Council on Aging is to determine the needs of the senior citizens in Routt County and to make every effort to meet those needs with appropriate action.

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Thank You Outgoing Board Members

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Home Sweet Home

A day at Routt County Council on Aging reminds me of the show Cheers. It's a welcoming place full of lively characters with varied stories. It's a place where everybody knows your name. For many older adults in Routt County, RCCOA is home away from home.

I'm proud of the warm and life-sustaining community that is RCCOA. We facilitate connection to reduce isolation. We do this by providing group lunches in Steamboat Springs, Hayden and Oak Creek, by delivering freshly prepared warm meals to homebound seniors, by partnering with Northwest Colorado Health and others to host weekly exercise classes, by getting seniors where they need to go through transportation services and by organizing social and recreational events. This past year, more than 300 seniors were served 8,704 meals, an 11% growth in our group lunch program in one year. Our Meals on Wheels program delivered 2,554 warm meals to homebound seniors, an increase of 4.5%. We provided 4,407 rides to seniors throughout the county, getting them to doctors' appointments and facilitating daily errands such as banking, shopping and picking up their mail.

There are 5,085 people age 60 and older in Routt County, and our services are open to every single one. 524 of these seniors live at poverty level, and 1,039 live at 185% of poverty level. According to an internal March 2019 survey, 74.7% of our clients who responded indicated that their income levels fell below the Routt County Self-Sufficiency standard, which is \$28,639 for singles and \$57,278 for 2 adults.

We are serving more and more seniors who struggle to make ends meet. While our suggested donation for services is only \$3/meal and \$2/ride, many of our clients cannot afford to pay. We are pleased to never turn away anyone due to inability to pay -- service to anyone that qualifies is one of our core values. But we have experienced a \$5000 loss in lunch revenue the past few years, while our food, insurance and labor costs have increased. We also have seen significant grant cuts the past few years, which has affected our bottom line.

Our goal is to keep increasing services. Routt County's senior population is growing, and our older adults need us. We can meet the growing need with your help. Please consider giving to RCCOA to ensure that Routt County's seniors have the meal, transportation, recreation and social services they need. They deserve a place where they can be themselves and be appreciated for who they are -- a home away from home.

**"RCCOA makes my
living worthwhile."
— 90-year-old client**



Board members brave the cold and raise awareness about RCCOA at Ace Hardware.

Thanking You,

Meg Tully

Meg Tully
Executive Director

Getting to Know You

As the senior population continues to grow, RCCOA absolutely can make life easier and happier for older adults and their families. One of RCCOA's main goals the past year has been outreach inside and outside of our community to boost our name recognition. We held a hot dog fundraiser at Ace Hardware, had a table at City Market and were present at the summer Farmer's Market. Our annual Rummage Sale Fundraiser in August featured radio spots and newspaper ads. The event drew hundreds of people from the community, and we raised close to \$6,400. We were a sponsor of the Longevity Project this year organized by the Steamboat Today, and we were a beneficiary of Mountain Tap Brewery's Token Tuesday program. RCCOA is engaged with the county's Adult Protective Services group and the Human Resource Coalition as well.



The 3rd Annual Rummage Sale raised more than \$6,400 and attracted hundreds of community members who found some great deals.



The Spring Fling in May drew 100 attendees who enjoyed a Hawaiian lunch and live hula dancing.

It's All About Balance

Life is a balancing act, right? Our clients enjoy spending time with each other, and we strive to provide as many outlets as we can for interaction, creative and physical activity, food and fun. We host a number of field trips every month, and trips this year included a pontoon boat ride at Stagecoach Lake, shopping trips to Craig every month and a pre-holiday shopping trip to Silverthorne. We organize a Monday speaker series after lunch, where some of the featured speakers share tales and photos of travels all over the world. Seniors learn how to cook easy meals with food demos and can use their creativity during a summer 6-week art class. Bridge draws hundreds of older adults to the community center each week who enjoy socializing over cards, and Friday bingo games are always popular.

RCCOA is not all about play. We can get down to business too when it comes to keeping the county's seniors healthy and fit. One of the

highlights this year were two sessions of A Matter of Balance classes thanks to a generous grant from the Rocky Mountain Health Foundation. Close to 30 seniors benefitted from the class that taught them how to recognize fall dangers and how to minimize falls using positive thinking and proactive strategies. Our ongoing partnership with Northwest Colorado Health for weekly exercise classes continues to be very popular. A yoga class is being planned and will be offered this winter, thanks to a grant from the United Methodist Women.



Graduates of the Fall/Winter 2019 Matter of Balance Class

Party Central

Routt County Council on Aging knows how to throw a party. March for Meals occurs every March, which celebrates our Meals on Wheels home-delivered meal program by offering a free lunch to the whole community. We held our second senior march at the courthouse to increase awareness of senior hunger. Our Spring Fling in May drew close to 100 seniors who enjoyed a luau meal complemented with live hula dancers. We hosted summer BBQ's at all three lunch locations, complete with cheeseburgers on the grill, potato salad and rhubarb pie. A large crowd enjoys our traditional Thanksgiving lunch, and the year is capped off with a festive Holiday Party featuring a buffet meal, entertainment, decorations and gifts.



RCCOA President Jim McGee participated in the Senior March at the courthouse this winter. Cars honked their horns in support of our older adults, and preschool kids even joined in on the fun.



Give Where You Live

RCCOA is very appreciative of our annual donors – we absolutely could not do what we do without YOU! Please donate using the form with this newsletter or contact us if you have any questions about any of the below options.

RCCOA Endowment Fund & Memorial Tree

RCCOA's Endowment Fund with the Yampa Valley Community Foundation is going strong. This fund facilitates legacy giving through wills and estates. Our Memorial Tree is a way to recognize a loved one that has passed away.

Colorado Gives Day December 10th

All Coloradans are encouraged to join the statewide Colorado Gives Day movement by supporting their favorite causes online through ColoradoGives.org. Yampa Valley Gives is partnering with Community First Foundation, FirstBank, and is a program of the Yampa Valley

Community Foundation to grow the Colorado Gives Day movement in Routt and Moffat Counties. Give Where You Live on Colorado Gives Day, December 10, 2019 and support local seniors by donating to RCCOA at ColoradoGives.org

ReFUND CO 2020

Tax season may not be a favorite time of the year, but ReFUND CO is a new tax refund donation program that allows you the opportunity to directly support a local nonprofit that is doing important work in your community. Ask your local CPA for more information or visit Coloradononprofits.org/refundwhatmatters. On tax form DR0104 line 19, enter RCCOA's 11 digit registration # 20033003324 to donate all or a portion of your tax refund to RCCOA.



Thank You 2019 Partners and Lunch Sponsors

RCCOA's Partnership Program facilitates business and individual support for RCCOA in exchange for promotional exposure throughout the year. There are three levels of partnership, Gold (\$2000), Silver (\$1000), Bronze (\$500) and also a Lunch Sponsorship for \$125. We are so very thankful to our 2019 Partners & Sponsors.

If you or your company is interested in supporting Routt County's older adults in this way, please call us at 970-879-0633 or email meg@rccoaging.org.

Alpine Bank
Alpine Lumber
Alice Klauzer
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Becky and
Kris Hammond

hearOclub
HLCC Construction
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Thank You to the Following Organizations
For Their 2019 Grants or In-Kind Support
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Allstate
City of Steamboat Springs
Exxon Mobile
Heart of Steamboat
Human Resource Coalition
Mesa County Dept. of Human Services
Older Americans Act Funding
Rocky Mountain Health Foundation
Routt County
Town of Oak Creek
United Methodist Women
United Way
Walmart Community Fund
WZ Giving Circle
Yampa Valley Community Foundation

IN-KIND DONATIONS

Ace Hardware
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Chris Stillwell
City of Steamboat Springs
Northwest Graphics
Routt County
Ski Town Rotary





ROUTT COUNTY
COUNCIL ON AGING

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Everyone enjoyed a beautiful day
in the pontoon boat at Stagecoach Lake.

Newsletter Inside
See what we've done in 2019!

ECRWSS Postal Customer



THANK YOU!

You can also donate online. Go to: www.rcccoaging.org → Donate

☐ Check Enclosed (Please make checks payable to Routt County Council on Aging.)

Name _____

Address _____

City _____ State _____ Zip _____

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Amount _____ ☐ I would like to pay by credit card.

Type of Card _____ CC# _____

Exp. date _____ CVV _____

Routt County Council on Aging • PO Box 770207 • Steamboat Springs, CO 80477

Just detach this portion and mail it back with your donation to:

Please consider donating to help local seniors stay independent.