

# August SENIOR SCOOP

## News and Views from the Council on Aging

August 2020



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Fifty years ago, in August of 1970 I drove into the Yampa Valley for the first time. I didn't know at the time that I was going to live here. In fact I came up Highway 131 from US 6 in Wolcott (no I-70 then). I remember that it was almost dark when I arrived. I saw the old Forest Service sign that said Ski Area with an arrow that pointed up a gravel road towards the base of Mt. Werner. I spent the night at The Inn at Thunderhead and as I looked around I remember thinking "Wow, this really is a small town". It wasn't until the next day that I discovered there was a real town just up the road. I hadn't really planned to stay in Steamboat Springs; but within a couple of days, I got a job and rented a small house on the lower Elk River and fell in love with the area.

Changes? Sure! There are always changes. Neither the place where I worked (Chuck Conner Motors – the local AMC/Jeep dealer) nor the little house I rented (a very small place on Lewis Kemry's ranch) or the Inn at Thunderhead are there anymore. As I recall, there were about 2,000 people in Routt County back then; the Steamboat Ski Area was building their first gondola; most roads were gravel and "mud season" was a real thing.

Some things haven't changed though. The Yampa river and the Elk river are still there and still full of fish. Steamboat is still a little more difficult to visit, so the crowds aren't what they are along I-70. Gilpin, Mica, Three Island, Whale, Dinosaur and Trapper's lakes are still here and still great. And finally, the upper section of the Buffalo Pass road still sucks – which keeps out the riff-raff.

In short, it's still a great place to live and I still love living here.

Jim McGee  
Board President

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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.*

## Shopping and Lunch in Craig, CO Wednesday, August 19th

9:30 am - 4:30 pm

Space is very limited (4 per shuttle) and masks are required. Join us for shopping, we will pick up lunch and eat in the park. Please RSVP to Ellyn at least 48 hours in advance. 970-879-0633. Suggested donation of \$5 for those 60 and better. Lunch is not included.



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

[www.facebook.com/  
Routt-County-Council-  
on-Aging](https://www.facebook.com/Routt-County-Council-on-Aging)



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

## Tea and Talk Social –Aug. 13th

Join us in a small group gathering August 13th at 12:30 pm for facilitated discussion and refreshments at the Steamboat Springs Community Center.

What moment in history do you most vividly remember? 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.



## NEW! BOOK CLUB!

### *The Man Who Mistook His Wife for a Hat*

by Oliver Sacks

**An engaging book prompting deep discussion. Read it this month and join us in September to discuss.**

A classic work of psychology, this international bestseller provides a groundbreaking insight into the human mind.

If a man has lost a leg or an eye, he knows he has lost a leg or an eye; but if he has lost a self – himself – he cannot know it, because he is no longer there to know it.

In this extraordinary book, Dr. Oliver Sacks recounts the stories of patients struggling to adapt to often bizarre worlds of neurological disorder. Here are people who can no longer recognize everyday objects or those they love; who are stricken with violent tics or shout involuntary obscenities; who have been dismissed as autistic or retarded, yet are gifted with uncanny artistic or mathematical talents. If inconceivably strange, these brilliant...

Strings Music Festival will be featuring this book in upcoming performances.



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	7	9		3	4	1	2
1					9		8
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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.

Solution on page 6.

**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  
Jake Owsley**

**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**





# Don't ignore a shuffling walk in seniors

By DailyCaring Editorial Team *Image: Accuro Home and Community Care*

You might notice that you or a loved one shuffles or drags your feet when you walk. And even if you're constantly reminded, you're still not picking up your feet when walking. In fact, you may not even notice that you're doing it.

So why do seniors shuffle when they walk? The short answer is that they're not doing it on purpose. When someone starts shuffling when they walk, something is causing that to happen. To help you or your loved one walk more normally (and safely!), the first step is to find the cause.

We share the 10 top reasons why seniors shuffle when they walk, explain why shuffling significantly increases fall risk, and suggest what to do if you or a loved one has a shuffling walk.

## 10 top reasons why seniors shuffle when they walk

1. Weak hips and leg muscles
2. Arthritis pain in joints
3. Loss of flexibility in feet making it hard to flex them normally
4. Decreased ability to maintain balance
5. Decreased vision making it hard to see
6. Fear because of a recent stumble or fall
7. Slow reaction time when unbalanced which increases fear of falling
8. Medication side effects
9. Worn or poorly-fitting shoes or slippers
10. Slippery floors



## A shuffling walk increases senior fall risk

It might seem like not picking up feet when walking isn't that important. But if someone is shuffling, dragging, or generally not lifting their feet off the ground when walking, they're at a much greater risk of falling.

Shuffling is a common cause of falls because sliding feet can more easily trip on rugs, door thresholds, or even slightly uneven surfaces. Seniors who shuffle when they walk are more likely to stumble because their shoes can catch on the ground. Plus, the narrow stance of shuffling feet makes someone more unbalanced than if they had a regular walking stance.

Continued on page 6.

## What to do about an older adult's shuffling walk. continued from page 5.

An unsteady gait or shuffling walk could be caused by something as simple as slippery floors or as serious as dementia or Parkinson's disease.

So if you or a loved has started shuffling their feet when walking, it's important to schedule an appointment with their doctor to find out what's causing it. To prepare for the doctor's appointment, check to see if any of these top 10 reasons could be causing them to shuffle their feet. Unless the reason is obvious and easily corrected, like replacing a too-old pair of shoes that are loose, it's best to have the doctor do a thorough check-up.

That will help them identify the cause of the shuffling behavior. Once the reason is known, the doctor can make recommendations for how to improve the situation.

For more information visit <https://dailycaring.com/why-do-seniors-shuffle-when-they-walk-10-top-reasons/>



**ROUTT COUNTY**  
COUNCIL ON AGING

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](mailto:april@rccoaging.org)  
or [ellyn@rccoaging.org](mailto:ellyn@rccoaging.org)

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

Solution for puzzle on page 3.

Find more Sudoku puzzles and other games at

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

## Additional Ways to Support RCCOA ...



Tired of that old car just sitting there?

**DONATE IT!**



Donating your car is easy, and your gift is tax-deductible. The pick up is free, and proceeds from the sale of your car will benefit Routt County seniors. [www.careasy.org/routt-county-council-on-aging](http://www.careasy.org/routt-county-council-on-aging) or call April for more information, 970.879.0633.



### What is AmazonSmile?

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile is available at [smile.amazon.com](http://smile.amazon.com) on your web browser and can be activated in the Amazon Shopping

app for iOS and Android phones. When you shop at AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that **AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice.**

### How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to [smile.amazon.com](http://smile.amazon.com) on your web browser or activate AmazonSmile on your iPhone or Android phone (found under settings on your app). On your browser, you may also want to add a bookmark to [smile.amazon.com](http://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile. When you're using the app, always check for the "AmazonSmile" logo to ensure you're activated for AmazonSmile.

### Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

### How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to [smile.amazon.com](http://smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make through AmazonSmile will result in a donation. AmazonSmile will occasionally contact you about donation amounts disbursed to your chosen charity or about the program.

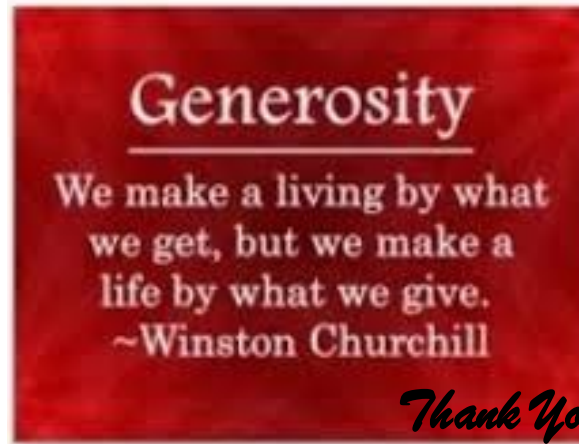
**Thank You for supporting Routt County Council on Aging!**



# THANK YOU DONORS! Donations Received June 2020

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Hayden Congregational Church  
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Rocky Mountain Asphalt  
Routt County  
Ski Town Rotary  
Tai Chi group  
Leonarda VanDerWerf  
Martha VanHorn  
Yampa Valley Electric Association Operation Round Up



*Thank You for your generosity!*

## 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)



# 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 have resumed 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. 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 other Activities

Bingo is back on Fridays in Steamboat at 12:30pm. 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 and other activities. 970.879.0633

# SENIOR EAT *and* GREET



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sausage Cabonara Peas Garlic Bread Green Salad Trail Mix Cookie	4 Salmon Italian Herb Rice Garlic Bread Broccoli Kale Salad Pineapple Upside Down Cake	5 Salmon Italian Herb Rice Garlic Bread Kale Salad Pineapple Upside Down Cake	6 Brisket Baked Potato Green Beans Biscuit Spinach Salad Orange Pecan Pie	7 Chicken Wedge Salad Tomato & Basil Soup Wheat Roll Banana Orange Oatmeal Raisin Cookie
10 Sausage, Egg, Cheese Biscuit Hash Browns Asparagus Fruit Orange	11 Broccoli Rice Casserole Beets Wheat Roll Tossed Salad Lemon Pudding	12 Beef Tips Mashed Potatoes Carrots Wheat Roll Tossed Salad Ice-cream	13 Beef Tips Mashed Potatoes Carrots Wheat Roll Tossed Salad Ice-cream	14 Chicken Wings Rosemary Potatoes Kidney Beans Wheat Roll Tossed Salad Lemon Bar
17 Beef Pot Pie Brussel Sprouts Tossed Salad Chocolate Chip Cookie	18 Baked Chicken Garlic Mashed Potatoes Cauliflower Roll Tossed Salad Plum Oatmeal Cookie	19 Baked Chicken Garlic Mashed Potatoes Cauliflower Roll Tossed Salad Plum Oatmeal Cookie	20 Sausage, Peppers & Onions Oven-browned Potatoes Cabbage Wheat Roll Tossed Salad Chocolate Cream Pie	21 Tuna Melt Peas French Fries Spinach Salad Grapes Peanut Butter Cookie
24 Salisbury Steak Rice Pilaf Oriental Vegetables Cheesy Garlic Biscuit Tossed Salad Orange Sherbet	25 Baked Potato w/fixings Cornbread Green Salad Banana Cream Pie	26 Pork Ribs Sweet Potato White Roll Slaw Pears Strawberry Rhubarb Crisp	27 Pork Ribs Sweet Potato White Roll Slaw Pears Strawberry Rhubarb Crisp	28 Chicken Quesadilla Spanish Rice Black Beans Mexican Salad Key Lime Pie
31 Chicken Breast w/ Artichoke & caper sauce Brown Rice Carrots Wheat Roll Tossed Salad Peach Pie	1 Clam Chowder Bread Sticks Tossed Salad Mixed Fruit	2 Clam Chowder Bread Sticks Tossed Salad Mixed Fruit	3 Taco Salad Pinto Beans Tortilla Orange Brownie	4 Pork Chow Mein Brown Rice Stir Fry Vegetables Egg Roll Asian Broccoli Salad Cottage Cheese w/ pineapple

**Please call 970-879-0633 24 hours in advance for reservations**