



# SENIOR SCOOP

## News and Views from the Council on Aging

September 2020



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Wow! Labor Day is here, signaling a change in seasons. It's a little hard to believe that Autumn is just around the corner when I look at the thermometer and see that it's 89 degrees outside. The summers seem to go by quickly these days. I remember when I was a teenager and old people used to say things like that all the time. I used to roll my eyes and think "Old people are so clueless." Now I'm looking at my granddaughter and she's rolling her eyes... At least she has the good manners not to say what she is thinking.

We are starting to pick tomatoes off the vine and discover again that nothing tastes quite as good as homegrown tomatoes. This year I thought I'd give corn a try. I can see that there are several ears on the stalks, so here's hoping. If they taste as good as Olathe sweet corn, I'll be thrilled. The goal is to get them before the first real freeze. You never know for sure when that will be. I've lost tomato plants virtually every month when you could be reasonably expected to have them outside. I think I've seen snow every month of the year except July. I was out of town back in 1974 when that happened. In 1975 I skied on St. Mary's Glacier in July so I guess that made up for it.

Autumn. Cooler temperatures and brisker air. Hopefully the forest fires will go away and the air will become cool and brisk. The trees will turn to gold and red. Then we'll enjoy some Indian Summer and try to remember all the things we have to do to prepare for that other season that comes after the fall.

Jim McGee  
Board President

### Staff

**April Sigman**  
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**Chris Becea**  
Steamboat Kitchen Asst.

**Cheryl Carl**  
South Routt Kitchen Asst.

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**Cindy Porter**  
South Routt Cook

**Meg Tully**  
Grant Specialist

**Rebecca Wattles**  
Hayden Assistant

**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.

## **Important Announcements!**

### **PLEASE READ.**



**ROUTT COUNTY**  
COUNCIL ON AGING

**South Routt group meals** will resume on Mondays and Wednesdays beginning September 9th. Lunch will be served at noon at the Oak Creek community center.

- Space is limited
- **RESERVATIONS REQUIRED** by Fridays @ noon for Monday meals and by Tuesdays @ noon for Wednesday meals. **Call 970.879.0633 for reservations** and specify South Routt location.
- Practice social distancing by maintaining a 6ft distance.
- Face coverings required while moving about the building, they may be removed for eating.

**Hayden group meals** are meeting on Tuesdays in the Hayden Town Park. Lunch is delivered at 11:45 (weather permitting).

- **RESERVATIONS REQUIRED** by Mondays @ noon. **Call 970.879.0633 for reservations** and specify Hayden location.
- Practice social distancing by maintaining a 6ft distance.

**Steamboat Community Center: Steamboat Springs Parks and Rec announced August 27th that a school year youth program will utilize the community center Mon - Fri, 7:30am - 5:00pm. RCCOA will continue to have sole access to the kitchen and dining room, but the impact to our programs has yet to be determined.**

**Meal delivery at all sites will continue to be available. Please call with any questions, 970.879.0633**

## Shopping and Lunch in Craig, CO

Wednesday, September 23rd.

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.



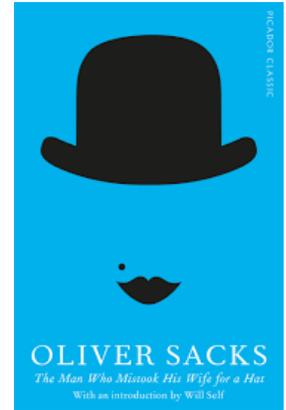
## NEW! BOOK CLUB!

Mon, Sept. 21st @

12:30pm

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

by Oliver Sacks



**Did you read, or are you reading, this engaging book prompting deep discussion. Join us September 21st to discuss.**

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.

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

## A Walk in The Garden and in the Woods!

Let's explore the Steamboat Botanic Gardens,

Mon. Sept. 14th @ 1:00pm

Fall Foliage Viewing @ Fish Creek Falls,

Mon. Sept. 28th @ 1:00pm



Meet there or call for transportation. 970.879.0633

**Keeping the mind active and engaged prevents boredom and helps keep the brain healthier. Complete and submit this puzzle for a free RCCOA lunch card.**

**Across**

- 1. "Dear \_\_\_\_"
- 5. Aware of
- 9. Salty drops
- 14. Traditional knowledge
- 15. Extremely
- 16. Nun's garment
- 17. Depots (abbr.)
- 18. Female sheep
- 19. Wear away
- 20. Distress cry (2 wds.)
- 22. Audience member
- 24. Libel's kin
- 26. Make a mistake
- 27. Golf norm
- 30. Winter illness
- 31. Chamber
- 34. Green gems
- 37. Certain steaks (hyph.)
- 41. Make merry
- 42. Break bread
- 44. Trap
- 45. Risky
- 47. Native American slipper
- 49. Beer grain
- 51. Mineral source
- 52. Perform
- 53. Venomous viper
- 56. Actress \_\_\_\_ Dietrich
- 59. Personal magnetism
- 62. \_\_\_\_ photography
- 66. Bricklayer
- 67. Rewrite
- 69. Unfasten
- 70. Singer \_\_\_\_ John
- 71. Beget
- 72. School gps.
- 73. Bed supports
- 74. Warty amphibian
- 75. Cruise and Hanks

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21			22		23					
			24			25						26		
27	28	29		30				31		32	33			
34			35				36		37			38	39	40
41						42		43		44				
45					46		47		48					
			49			50		51				52		
53	54	55			56		57				58			
59			60	61					62			63	64	65
66						67		68			69			
70						71					72			
73						74					75			

**Down**

- 1. As well
- 2. Two together
- 3. Small nail
- 4. Positive answers
- 5. Comprehensive
- 6. Fresh
- 7. Tire pattern
- 8. Pearl source
- 9. "Of \_\_\_\_ I Sing"
- 10. Work for
- 11. Dwelling
- 12. Passenger
- 13. Navigate
- 21. Forage crop
- 23. Jogging gait
- 25. Bare
- 27. Andean country
- 28. Prayer word
- 29. Guns an engine
- 32. Vulgar
- 33. " \_\_\_\_ Lisa"

- 35. Paper measure
- 36. America's Uncle
- 38. Space agency (abbr.)
- 39. Rock's \_\_\_\_ Clapton
- 40. Exported
- 43. Implement
- 46. Shade sources
- 48. Made
- 50. Least wild
- 53. Peaks
- 54. Will
- 55. Italian staple
- 57. AM-FM \_\_\_\_
- 58. Explode
- 60. \_\_\_\_ beer
- 61. Taverns
- 63. Fascinated by
- 64. Eden man
- 65. Defeat
- 68. Retiree's acct.



ROUTT COUNTY  
COUNCIL ON AGING

# A Special Thank You to all of our volunteers

**Thank you to the volunteers who continue to help us provide services in so many ways!**

## Meals on Wheels Delivery Drivers

**Julie Alkema  
Mike Berdine  
Ashley Demos  
George Detwiler  
Becky Hammond  
Jane Hannon  
Kerry Holmquist  
Lynne Marr**

**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**

*You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”.*

*~Author Unknown*

## Other Volunteer Efforts

**Jim Lob  
Dan Emert  
Marjorie Layman  
Chris Meyers**

**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**



# The Routt County Council on Aging invites you to a BBQ dinner

**Wednesday, September 9th @ 5:00pm** Steamboat Springs  
Community Center

**Thursday, September 10th @ 5:00pm**  
Decker Park in Oak Creek

**Thursday, September 17th @ 5:00pm**  
Hayden Town Park

All seniors (60 and better) are invited to attend.  
Suggested donation for those 60+ is \$3. A  
\$10.00 fee for those under 60.



**Space is limited. Reservations REQUIRED.**  
Please call **970.879.0633** for reservations.

**It's time to recognize  
the best of the best  
with the Senior  
Awards. Who do you  
know that goes out of  
their way to help you?  
Who brings that extra  
spark to your day?  
Help us recognize  
those that make your  
world better by using  
the nomination form  
on the next page.  
Nominations are due  
October 9.**

**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)

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

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



Routt County Council on Aging nomination form for

# 2020 Senior Awards

Awards will be voted on by the RCCOA Board of Directors and presented at the RCCOA annual Holiday Party in December 2020.



ROUTT COUNTY  
COUNCIL ON AGING

## Nominee Information

I am nominating this candidate for:

\_\_\_\_ **Senior Helping Seniors Award:** an adult 60 or older who has dedicated him/herself in the past year to helping other older adults and whose exemplary service, peer relationships, and contribution of leadership, knowledge, skills and time have made a difference in the community (two people, such as a couple, may be nominated)

\_\_\_\_ **Friend of Seniors:** an individual, business, agency or organization whose relationships and specific contributions/service have positively impacted older adults in the community in the past year; a facilitator of positive change to make the community aging-friendly and a better place to live.

**Nominee Name(s):** \_\_\_\_\_

**Nominee Address:** \_\_\_\_\_

**Nominee Phone #/Email:** \_\_\_\_\_

**Nominee's activities/accomplishments as they pertain to this award** (include additional sheets, if necessary)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Why do you believe this nominee should receive the award?** (include additional sheets, if necessary)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### *Please tell us about yourself*

**Your Name:** \_\_\_\_\_

**Your Address:** \_\_\_\_\_

**Your Phone #/Email:** \_\_\_\_\_

**Please return this form by October 9, 2020**

Routt County Council on Aging / P.O. Box 770207 Steamboat Springs, CO 80477 / 970.879.0633

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

## THANK YOU DONORS! Donations Received July 2020

Julie Alkema  
City of Steamboat Springs  
Bruce and Jane Hannon  
HLCC Construction Company  
Catherine Lykken  
Jim McGee  
Meals on Wheels Association of America

Neko Enterprises  
Network for Good in honor of Toni Cratsley  
Gardner Robinson  
Routt County  
Routt County United Way  
Tai Chi group  
Leonarda VanDerWerf

Susan Brown in memory of  
Delpha Johnson

Vi Look in memory of  
Brian Hahns

Sharon Smith in memory of  
a dear friend



**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 M,T,TH,F. Group Meals have resumed in Hayden on Tuesdays at the town park and they will resume in Oak Creek Sept. 9th on Mon. and Wed. at the Oak Creek community center. Space is limited and reservations are REQUIRED at least 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. Reservations required 24 hours in advance. Call 970.879.0633. xt 4

### 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.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>Chicken Breast w/ Artichoke &amp; caper sauce Brown Rice Carrots Wheat Roll Tossed Salad Peach Pie</p>	<p>1</p> <p>Clam Chowder Bread Sticks Tossed Salad Mixed Fruit</p>	<p>2</p> <p>Clam Chowder Bread Sticks Tossed Salad Mixed Fruit</p>	<p>3</p> <p>Taco Salad Pinto Beans Tortilla Orange Brownie</p>	<p>4</p> <p>Pork Chow Mein Brown Rice Stir Fry Vegetables Egg Roll Asian Broccoli Salad Cottage Cheese w/ pineapple</p>
<p>7</p> <p>Labor Day</p> <p>All Sites Closed</p>	<p>8</p> <p>Chicken Noodle Soup Grilled Cheese Crackers Cucumber Salad Cake with strawberries</p>	<p>9</p> <p>Porkchops Stuffing Green Beans Tossed Salad Orange Cake</p>	<p>10</p> <p>Porkchops Stuffing Green Beans Tossed Salad Orange Cake</p>	<p>11</p> <p>BBQ Beef Sandwich Carrots Kidney Beans Slaw Banana Orange Sherbet</p>
<p>14</p> <p>Sloppy Joe Baked Beans Asparagus Macaroni Salad Banana Banana Cake</p>	<p>15</p> <p>Mahi-Mahi Yams Corn Whole Grain Bread Tossed Salad Orange Pecan Pie</p>	<p>16</p> <p>Oven-fried Chicken Mashed potatoes Gravy Broccoli Wheat Roll Tossed Salad Apple Crisp</p>	<p>17</p> <p>Oven-fried Chicken Mashed potatoes Gravy Broccoli Wheat Roll Tossed Salad Apple Crisp</p>	<p>18</p> <p>Pizza Salad with garbanzo beans &amp; raisins Peanut Butter Bars</p>
<p>21</p> <p>Chicken Teriyaki Brown Rice Stir Fry Veggie Egg Roll Asian Salad Chocolate Cupcake</p>	<p>22</p> <p>Pork Roast Scallop Potatoes Mixed Vegetables Raisin Nut Cup Cupcake</p>	<p>23</p> <p>Pork Roast Scallop Potatoes Mixed Vegetables Raisin Nut Cup Cupcake</p>	<p>24</p> <p>Black Bean Burger Peas Carrots Radish &amp; Bean Salad Fruit Pie</p>	<p>25</p> <p>Broccoli Ham Quiche Mixed Vegetables Biscuit Spinach Carrot Salad Orange Chocolate Pudding</p>
<p>28</p> <p>Chicken Strips Sweet Potato Mixed Vegetables Tossed Salad Fruit Salad</p>	<p>29</p> <p>Shepherds Pie Kidney Beans Italian Bread Tossed Salad Fruit Parfait</p>	<p>30</p> <p>Flank Steak Mashed Potatoes Squash Italian Bread Tossed Salad Raspberry Sherbet</p>	<p>1</p> <p>Flank Steak Mashed Potatoes Squash Italian Bread Tossed Salad Raspberry Sherbet</p>	<p>2</p> <p>Fish Sandwich Tater Tots Green Beans Slaw Mandarin Orange Sugar Cookie</p>

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