



# SENIOR SCOOP

## News and Views from the Council on Aging

November 2020



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Almost every year – even though I know it's going to happen – Winter manages to catch me by surprise. This year, I thought I had my act together. Pipes were drained, cars were serviced, driveway was marked, outdoor furniture put away, etc., but Winter came in like a lion a last week!

As winter approaches, I'm all about comfort food. I decided a while ago that I would try to prepare meals that were good, filling and not over filling. I also discovered many decades ago that recipes are amazing things. All you have to do is follow the recipe and a meal comes out the other end of the process. My mother never told me that. As a kid, I always thought it was magic that the dinner hit the table at 6 pm as my dad walked in the door. Then when I was living by myself and getting tired of TV dinners, I saw a recipe in the Sunday paper. It seemed easy and....IT WAS! Then later I discovered that I could make meals without a recipe. Wow, this is amazing! Then I found that you could scale down the recipes to serve one or two people. That's great because then you can have a good dinner and have another meal to freeze for those evenings when all you want to do is hit the button on the microwave and dump something edible on the plate.

Anyway, comfort food. We all have our favorites. My list includes beef stew, chicken soup or stew, tuna casserole and (not to sound fancy here) risotto and pasta e fagioli. These are all mostly meat or vegetables and potatoes, rice or pasta. It's amazing. Twenty minutes of preparation and you not only get a good meal; but also another meal for those microwave evenings. Heres to comfort food season! Enjoy!~

Jim McGee  
Board President

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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.*

## Join us for Book Club! Read it, Watch it, Discuss it...

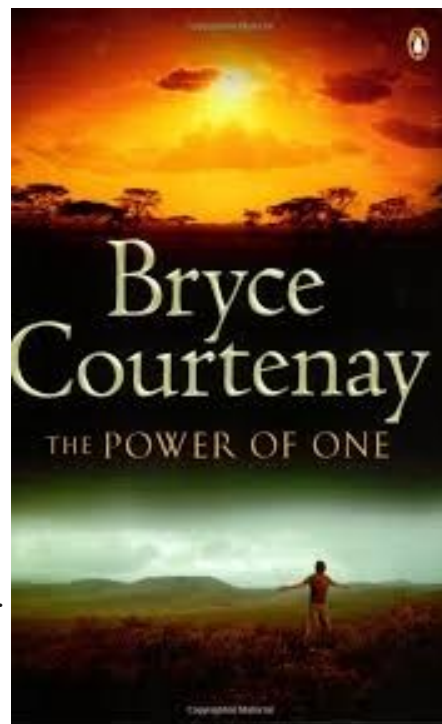
**Read it** between now and November 30th

**Watch it** November 23rd @ 1:00pm  
Steamboat Community Center

**Discuss it** November 30th @ 12:30pm  
Steamboat Community Center or ZOOM

### *The Power of One* by Bryce Courtenay

In 1939, as Hitler casts his enormous, cruel shadow across the world, the seeds of apartheid take root in South Africa. There, a boy called Peekay is born. His childhood is marked by humiliation and abandonment, yet he vows to survive and conceives heroic dreams, which are nothing compared to what life actually has in store for him. He embarks on an epic journey through a land of tribal superstition and modern prejudice where he will learn the power of words, the power to transform lives and the power of one.



### Shopping and Lunch in Craig, CO Wednesday, November 18th

**9:30 am - 4:00 pm**

Space is very limited (4 per shuttle) and face coverings are required. Join us for shopping and lunch. 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).

# Is Wearing a Mask Causing Your Dry Eyes?

What to know about the new COVID-19-era problem and how to prevent it.

by Barbara Stepko, AARP, October 21, 2020

By now, you've no doubt gotten the message: Wearing a face mask in public is crucial for preventing the spread of COVID-19. Those coverings protect us from the respiratory droplets that come our way when an infected person coughs, sneezes or even talks. But those masks can come with an unwelcome side effect: specifically, dry eye. Professionals are calling it mask-associated dry eye (MADE).



According to one study, there are “important implications on eye health and infection prevention, as mask use is likely to continue for the foreseeable future.” Dry eye is a common condition that occurs when your tears aren’t providing proper lubrication for your eyes. This may be because your eyes aren’t producing enough tears or because the quality of the tears your eyes are producing is poor. Part of the unpleasant picture: a scratchy “I’ve-got-something-in-my-eye” sensation, stinging, burning, blurred vision and redness.

Many suspect that the link between face masks and dry eye has to do with airflow. “When you exhale in a mask that doesn’t have a tight fit, air can escape from the top of the mask and flow across the surface of eyes,” says Steinemann. The moving air dries out the tear film, a thin layer of fluid covering the eye’s surface. Poorly fitting masks can also cause problems, pulling down the lower eyelids slightly, causing incomplete eyelid closure. “When you blink, that force of the blink pushes fluid out of our lids and into your tear film, improving the eyes’ surface,” explains Vivian Shibayama, O.D., an optometrist at the UCLA Health Stein Eye Institute.

There are ways to prevent dry eye, but abandoning your mask isn’t one of them. A little discomfort is a small price to pay for protection against COVID-19. And normal dryness can be treated , or possibly even prevented, with some simple strategies.

Over-the-counter artificial tears can be an effective way to keep dry eyes lubricated. (If you plan on using them frequently — say, several times a day — look for a preservative-free formula, which is less likely to irritate your eyes, advises Marx.) And don’t forget daily hygiene. Before bed, advises Steinemann, moisten a washcloth with warm water and use it to gently massage the eyelid margins to loosen debris and remove any excess oil that might irritate an already dry eye.

## Give eyes a break



Follow the 20-20-20 rule: After every 20 minutes spent looking at your computer screen, look at something 20 feet away for 20 seconds. And be sure to blink consciously — and purposefully — while working on the computer,” says Shibayama. Or try this blinking exercise to coat your eyes with fresh tears: Close your eyes, pause two seconds, then open. Close your eyes again, pause two seconds, then tightly squeeze the lids together for two seconds. Repeat every 20 minutes, about 20 times a day.

## Musicals

Find and circle all of the Movie Musicals that are hidden in the grid. The remaining letters spell the title of an additional Movie Musical.

A CHORUS LINE	HELLO, DOLLY!
ALL THAT JAZZ	HIGH SOCIETY
ANNIE	HOLIDAY INN
BLUE HAWAII	JAILHOUSE ROCK
BRIGADOON	LA TRAVIATA
BUGSY MALONE	MARY POPPINS
CABARET	MOULIN ROUGE
CALAMITY JANE	MY FAIR LADY
CAMELOT	NEWSIES
CARMEN	OKLAHOMA!
CAROUSEL	OLIVER!
CHICAGO	PAL JOEY
EVITA	SHOW BOAT
FAME	SILK STOCKINGS
FANTASIA	SOUTH PACIFIC
FUNNY FACE	STATE FAIR
FUNNY GIRL	SWEET CHARITY
GIGI	SWING TIME
GODSPELL	THE MUSIC MAN
GREASE	TOMMY
GYPSY	TOP HAT
HAIR	WEST SIDE STORY

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G A O N F U A T A I V A R T A L N N Y N
R C G E T H O L I D A Y I N N A T I V E
E A A M H I Y T I R A H C T E E W S N W
A R C R G S I L K S T O C K I N G S E S
S O I A L L T H A T J A Z Z Y H C A G I
E U H C A Y P M P T O S F R E Y A C U E
Y S C N M J O E A F O L O A T E L H O S
D E N M D H A O C U A T E E M O A O R W
A L O I A N B I T A S N I M B E M R N I
L T T L P W T H L E F C T U A Y I U I N
R I K S O P P H D H O Y G A L C T S L G
I O I H T A O I E S O S N L S B Y L U T
A G S A C A S P H M Y U O N R I J I O I
F O O I W T T G Y M U D S I U P A N M M
Y L F D S A I E A R O S G E A F N E Y E
M I G E S H H L F L A A I L R H E S H E
C V W I W P O E L A D M J C T O P H A T
A E Y N G N E E U O I O T O M Y C T I H
E R F N E I H L O L E R O R G A U K R M
T E R A B A C N L Y B L R I G Y N N U F
  
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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.



## Fall Open Enrollment - Medicare Part D (Prescription Drug Plan), Oct 15-Dec 7

Medicare Parts A and B do not cover routine prescription drug coverage. For many Medicare enrollees, prescription drugs are covered through a Medicare Part D Prescription Drug Plan. Your prescriptions can change every year as can the drug companies' formularies or the monthly plan premium charged. In most cases, Medicare's Fall Open Enrollment is the only time you can change or pick a new Prescription Drug plan.

**To find out if you've still got the best Drug Plan for you, shop your Plan every year. There may be a better Plan in your area that covers the drugs you take with lower prices or improved coverage.**

To find your best plan, you can utilize the Medicare Plan Finder Tool available through Medicare.gov or you can seek assistance from the Routt County Medicare SHIP (State Health Insurance Assistance Program) at 970-819-6401. Trained, certified counselors are available to help you understand all aspects of your Medicare coverage, your options and any changes that might be to your benefit.

**All appointments are done by phone or by zoom.  
Call ahead for appointments. 970-819-6401**



LOCAL HELP FOR PEOPLE WITH MEDICARE



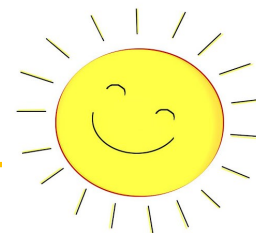
## A Special Thank You to All of our Volunteers

**Thank you to the volunteers who continue to help us provide services!**

Julie Alkema  
Mike Berdine  
Ashley Demos  
George Detwiler  
Dan Emert  
Becky Hammond  
Jane Hannon  
Kerry Holmquist  
Lynne Marr  
Beth Kuczkowski

Margie Layman  
Jay Layman  
Susie Lee  
Jean Levine  
Julie Lind  
Jim Lob  
Jim McGee  
Nancy Mucklow  
Sandi Poltarak  
Terri Reeves

Angie Robinson  
Tosia Sauter  
Cat Schaffrick  
Susan Scott  
Don Sperry  
Tom Swissler  
Stone Soup  
Meg Tully  
Rebecca Wattles  
Annette Zuber



**RCCOA will be closed Thursday and Friday, November 26th and 27th for Thanksgiving.** Frozen meals are available prior to the holiday weekend. Let Ellyn know if you are interested.

## THANK YOU DONORS! Donations Received September 2020

Julie Alkema  
Tanna Brock  
City of Steamboat Springs  
Dale Cross  
HLCC Construction  
Barry and Melissa McNeil  
North Routt Community Fund of the Yampa  
Valley Community Foundation  
Karen O'Connor

Robby Robinson  
Christine Serafin  
Steamboat Bridge  
Rozanne Steinhoff  
Steamboat Group Fund  
Steamboat Tai Chi  
WZ Giving Circle of the Yampa Valley  
Community Foundation

# GIVE WHERE YOU LIVE! SCHEDULE YOUR CO GIVES DONATION ONLINE!

**Your Donation Goes Further on Colorado Gives Day! — Tuesday, December 8th!**

**WOW! Last year RCCOA received \$14,599 from 66 people during the 24 hour period of CO Gives Day!! Help us reach \$15,000 this year.**

**Consider giving what you can, even \$50 Goes A Long Way!**

\$50 does so much at RCCOA. It can pay for a healthy, hot lunch for a senior for an entire month. It can ensure that a senior receives 16 fresh, hot, home-delivered meals on wheels entrees. It can facilitate 25 trips for a senior to go to the bank or a doctor's appointment. If \$50 can do all that, think what \$100, \$500 or even \$1000 can do!

**We are thankful for your generous support. Our seniors depend on it.**

Please give where you live and support us on Colorado Gives Day, Tuesday, December 8th! This 24-hour movement is a chance to increase the value of your donation, thanks to the \$1 Million Incentive Fund. Created by Community First Foundation and FirstBank, the fund increases the value of every dollar donated proportionally.

Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 2,300 nonprofits. *Starting on November 1, you can schedule your Colorado Gives Day donations in advance at [www.ColoradoGives.org](http://www.ColoradoGives.org). See April if you need assistance online.*



## PLEASE MAKE YOUR DONATION ON DEC. 8th!

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)

**AGING WELL****NOVEMBER 2020****FITNESS CLASSES***\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.**NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE.***SOUTH ROUTT**

**Tai Chi/Arthritis Exercise  
Association Fitness Class**  
Mondays, 10:30 - 11:30 am  
Oak Creek Community Center

**Arthritis Exercise Association  
Fitness Class**  
Wednesdays, 10:30 - 11:30 am  
Oak Creek Community Center

**STEAMBOAT SPRINGS**

**Movement & Exercise**  
Mondays, 10:30 - 11:30 am  
Steamboat Community Center

**Movement & Exercise**  
Thursdays, 10:30 - 11:30 am  
Steamboat Community Center

**SENIOR WELLNESS**

**DROP-INS WELCOME!  
DONATIONS APPRECIATED**

**South Routt Community Center**  
**10:30 am - Noon**  
4th Monday of the month

Senior wellness checks are offered on a donation basis. Visits include weight and blood pressure check, medication review and consultation with a nurse. Drop-ins are welcome.

**FOOT CARE**

**AVAILABLE BY APPOINTMENT.  
\$20 PER APPOINTMENT. UNLESS  
OTHERWISE NOTED. NO ONE IS  
TURNED AWAY DUE TO INABILITY TO  
PAY.**

**Northwest Colorado Health:**  
Call 970-871-7676 to make an appointment  
with a Foot Care Nurse.

**[northwestcoloradohealth.org/agingwell](http://northwestcoloradohealth.org/agingwell) | 970-871-7676**

# 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 at the Steamboat Springs community center M,T,TH,F**  
**Group Meals have resumed in Hayden on T. and TH. at the Haven Community Center**  
**and in Oak Creek on M., W. and F. 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 Fri. in Steamboat and Mon., Wed., Fri. in Oak Creek 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.



# NOVEMBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>First Monday Art Expo –week long display of Chris Becea, Morning Light Photography</p> <p>Bingo 12:30 S.R</p>	<p>3</p> <p>Tai Chi 10:30 (with Zoom option)</p>	<p>4</p> <p>Bingo 12:30 S.R.</p>	<p>5</p> <p>Hahn-ted Peak: a true tale of the dark side of Hahn's Peak. Told by Marianne Capra</p>	<p>6</p> <p>Bingo 12:30 (with Zoom option)</p> <p>Bingo 12:30 S.R.</p>
<p>9</p> <p>Bingo 12:30 S.R</p>	<p>10</p> <p>Tai Chi 10:30 (with Zoom option)</p>	<p>11</p>  <p>Bingo 12:30 S.R</p>	<p>12</p> <p>Tread of Pioneer's: History Happy Hour Re Airing</p>	<p>13</p> <p>Bingo 12:30 (with Zoom option)</p> <p>Bingo 12:30 S.R</p>
<p>16</p> <p>Bingo 12:30 S.R</p>	<p>17</p> <p>Tai Chi 10:30 (with Zoom option)</p>	<p>18</p> <p>Shopping and Lunch in Craig</p> <p>Bingo 12:30 S.R</p>	<p>19</p> <p>Thanksgiving Centerpiece Craft</p>	<p>20</p> <p>Bingo 12:30 (with Zoom option)</p> <p>Bingo 12:30 S.R</p>
<p>23</p> <p>Popcorn and a Movie: <u>The Power of One</u></p> <p>Bingo 12:30 S.R</p>	<p>24</p> <p>Tai Chi 10:30 (with Zoom option)</p> <p>Violin Performance from Beth Kuczkowski</p>	<p>25</p> <p>Bingo 12:30 S.R</p>	<p>26</p> <p>All Sites Closed</p> 	<p>27</p> <p>All Sites Closed</p>
<p>30</p> <p>Book Club Discussion: <u>The Power of One</u></p> <p>Bingo 12:30 S.R</p>	<p>1</p> <p>Tai Chi 10:30 (with Zoom option)</p>	<p>2</p> <p>Bingo 12:30 S.R</p>	<p>3</p>	<p>4</p> <p>Bingo 12:30 (with Zoom option)</p> <p>Bingo 12:30 S.R</p>

See page 7 for the complete schedule of exercise classes, foot care and wellness clinic times.  
Contact April at 879-0633 with any questions or ideas.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Beef Pot Pie Brussel Sprouts Tossed Salad Chocolate Chip Cookie</p>	<p>3</p> <p>Egg Plant Parmesan Garlic Bread Caesar Salad Orange Waffle Strawberries</p>	<p>4</p> <p>BBQ Chicken Pesto Noodle Asparagus Biscuit Tossed Salad Cupcake</p>	<p>5</p> <p>BBQ Chicken Pesto Noodle Asparagus Biscuit Tossed Salad Cupcake</p>	<p>6</p> <p>Stuffed Cabbage Roasted Potatoes Italian Bread Beet Salad Berry Pie</p>
<p>9</p> <p>Sloppy Joe French Fries Baked Beans Green Salad Banana Cake</p>	<p>10</p> <p>Salmon Rice Pilaf Broccoli Breadstick Tossed Salad Strawberry Cheesecake</p>	<p>11</p> <p>Salmon Rice Pilaf Broccoli Breadstick Tossed Salad Strawberry Cheesecake</p>	<p>12</p> <p>Pork Roast Broccoli &amp; Cauliflower Wheat Roll Tossed Salad Orange Boston Cream Pie</p>	<p>13</p> <p>Curry Chicken Brown Rice Green Beans Egg Roll Salad Lemon Cream Pie</p>
<p>16</p> <p>Spaghetti and Meatballs Mixed Vegetables Garlic Bread Caesar Salad Mandarin Oranges Apple Cheesecake</p>	<p>17</p> <p>Turkey Chef Salad Baked Potato Broccoli &amp; Cheese Mandarin Orange Peaches Oatmeal Blueberry Muffin</p>	<p>18</p> <p>Ribs Sweet Potato Wheat Roll Slaw Tossed Salad Brownie</p>	<p>19</p> <p>Ribs Sweet Potato Wheat Roll Slaw Tossed Salad Brownie</p>	<p>20</p> <p>Bean &amp; Cheese Burrito Spanish Rice Squash Mexican Salad Pineapple Cake</p>
<p>23</p> <p>Pizza Salad with garbanzo beans raisins Peanut Butter Bar</p>	<p>24</p> <p>Turkey Mashed potatoes Green Bean Casserole Wheat Roll Tossed Salad Pumpkin Pie</p>	<p>25</p> <p>Turkey Mashed potatoes Green Bean Casserole Wheat Roll Tossed Salad Pumpkin Pie</p>	<p>26</p> <p><b>THANKSGIVING ALL SITES CLOSED</b></p> 	<p>27</p> <p><b>ALL SITES CLOSED</b></p>
<p>30</p> <p>BLT Clam Chowder Spinach Salad Orange Apple Pie</p>	<p>1</p> <p>Chicken Cordon Blue Rice Pilaf Asparagus Wheat Roll Tossed Salad Apricots Cookie</p>	<p>2</p> <p>Chicken Cordon Blue Rice Pilaf Asparagus Wheat Roll Tossed Salad Apricots Cookie</p>	<p>3</p> <p>Meatball Sub Potato Wedges Peas Green Salad Orange Strawberry Rhubarb Crisp</p>	<p>4</p> <p>Tuna Casserole Mixed Vegetables English Muffins Tossed Salad Orange Jello</p>

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