

October SENIOR SCOOP

News and Views from the Council on Aging

October 2020



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Well, Autumn has arrived both officially (September 22nd this year) and actually (morning temperatures have been in the low 20's for the last couple of days). That means that most of our outside flowers have succumbed. In an effort to stave off the winter as long as possible though, we have brought flowers inside for the night and put them outside again in the morning when it gets warmer. This only gives us a couple of weeks of course; but we're reluctant to give in too soon. We are outside most of the time from late spring to mid autumn and we try to get all of the sun and warmth we can; only spending daytime inside during the occasional rain or snowstorm.

Indian summer also affords us the opportunity to prepare, or at least think about preparing for winter. I'm walking around the house looking at weather stripping around doors and windows and trying to plug the holes that mice exploit while looking for warmer winter quarters. This is also a good time to attempt to complete the tasks that I have been avoiding all summer long. It's time to make an appointment to get winter tires put on the car, top off the propane tank, stock the freezer and pantry and take care of all of the chores that are difficult to do once winter actually sets in. Change the furnace filter, clean the furnace, clean the chimney and put in enough firewood for the winter. Happily, we now have a gas heat stove so these last two chores are historical. I've already cut and split all of the firewood I need in this life. Time to disconnect hoses and drain exterior hose bibs (this is a lesson I've had the opportunity to learn more than once). Oh yes, and get my flu shot! Enjoy the autumn!

Jim McGee
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South Routt Kitchen Asst.

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Steamboat & Hayden

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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.

**Shopping and Lunch in Craig, CO
Wednesday, October 21st**

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.



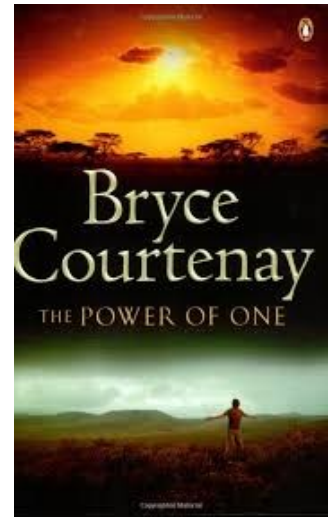
**Our Next Book
Club Suggestion...**

The Power of One

by Bryce Courtenay

**Start reading now
for November's
discussion.**

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.



Is reading visually difficult for you? You have other options to enjoy books, poems and even magazines.

For people who can't read standard print, CTBL provides audio, Braille and large print books keeping you connected to reading, stories and adventure.



Colorado Talking Book Library

<https://myctbl.cde.state.co.us/> or brochures are available with Ellyn

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Getting a flu vaccine during 2020-2021 will be more important than ever.
- CDC estimates that last season, fewer than half of Americans got a flu vaccine and at least 410,000 people were hospitalized from flu.
- Most flu vaccines protect against the four flu viruses that research suggests will be most common. **Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. Flu vaccines will not prevent COVID-19.**

People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Many people at higher risk from flu also seem to be at higher risk from COVID-19.



Take everyday preventive actions to stop the spread of germs.

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes with the bend at your elbow instead of the palm of your hand.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.



*What do you call a horse
with a sore throat?*

A little hoarse!



1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1950's song.

- | | |
|-----------------|---------------|
| BLUEBERRY HILL | MOVE IT |
| BO DIDDLEY | MYSTERY TRAIN |
| BYE BYE LOVE | NIGHT TRAIN |
| CRAZY ARMS | ONLY YOU |
| DJANGO | PEGGY SUE |
| DONNA | RAVE ON |
| EVERYDAY | RED HOT |
| FEVER | RIP IT UP |
| HEARTBREAK | RUMBLE |
| HOTEL | SEARCHIN' |
| HONKY TONK | SHOUT |
| HOUND DOG | SIXTEEN TONS |
| JAILHOUSE ROCK | SPEEDO |
| KANSAS CITY | SUZIE Q |
| LA BAMBA | TAKE FIVE |
| LONELY | TEQUILA |
| TEARDROPS | TUTTI FRUTTI |
| LONG TALL SALLY | YAKETY YAK |
| MACK THE KNIFE | YOU SEND ME |
| MANNISH BOY | |
| MAYBELLENE | |
| MISTY | |
| MONA LISA | |

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

NORTHWEST COLORADO OPTIONS FOR LONG TERM CARE



The Caregiver Support Program and the Senior Equipment and Services Program offered through Northwest Colorado Options for Long Term Care are available to help meet the needs of caregivers and seniors in Routt County. **Financial assistance may be available to assist people 60+ with services or equipment to meet their needs. This may include assistance with homemaker tasks, home maintenance, personal care, vision or dental needs, or medical equipment.** If you are interested in learning more about these programs, and whether or not you qualify, please call Nancy McStay at 877-963-8731.

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 or ellyn@rccoaging.org

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

www.facebook.com/Routt-County-Council-on-Aging



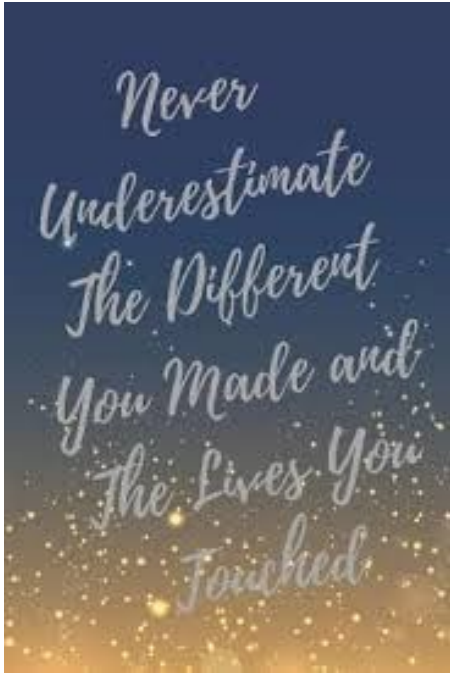
ROUTT COUNTY
COUNCIL ON AGING

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 | Jim McGee |
| Mike Berdine | Terri Reeves |
| Ashley Demos | Angie Robinson |
| George Detwiler | Tosia Sauter |
| Becky Hammond | Cat Schaffrick |
| Jane Hannon | Susan Scott |
| Kerry Holmquist | Don Sperry |
| Lynne Marr | Tom Swissler |
| Beth Kuczkowski | Meg Tully |
| Margie Layman | |
| Jay Layman | |
| Susie Lee | |



Other Volunteer Efforts

- | | | |
|--------------------|-----------------------|------------------------|
| Jean Levine | Jim Lob | Dan Emert |
| Julie Lind | Sandi Poltarak | Terri Reeves |
| | Chris Meyers | 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



THANK YOU DONORS! Donations Received August 2020

Anonymous	HLCC Construction	Steamboat Springs Rotary Club
Julie Alkema	Company	
City of Steamboat Springs	Ron Kashner	Steamboat Tai Chi
Charities Aid Foundation of America	Betty Kemry	Michele Thomas
George Detwiler	Vi Look	Karin Utterback-Norman
Pam Duckworth	Jim McGee	Leonarda VanDerWerf
	Barry and Melissa McNeil	Martha VanHorn
	Routt County	Nancy Westphale

Donations in memory of Delpha Johnson -
Kimberly Hooper
Starley Thompson

Donations in memory of Gonk Jacobs -
Vi Look



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

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 | 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 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.

OCTOBER EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Fall Foliage Viewing at Fish Creek Falls meet there at 1:00 Bingo 12:30 S.R	29 Tai Chi 10:30 (with Zoom option)	30 Bingo 12:30 S.R.	1 LUNCH RESUMES AT THE HAVEN COMMUNITY CENTER	2 Bingo 12:30 (with Zoom option) Bingo 12:30 S.R.
5 First Monday Art Expo –week long display of Charlotte Allen’s Art Bingo 12:30 S.R	6 Tai Chi 10:30 (with Zoom option)	7 Bingo 12:30 S.R	8	9 Bingo 12:30 (with Zoom option) Bingo 12:30 S.R
12 Explore your creative side with Ellyn 12:30 Bingo 12:30 S.R	13 Tai Chi 10:30 (with Zoom option)	14 Bingo 12:30 S.R	15 RCCOA Board Meeting 9:am	16 Bingo 12:30 (with Zoom option) Bingo 12:30 S.R
19 Bingo 12:30 S.R	20 Tai Chi 10:30 (with Zoom option)	21 Shopping and lunch in Craig Bingo 12:30 S.R	22	23 Bingo 12:30 (with Zoom option) Bingo 12:30 S.R
26 Bingo 12:30 S.R	27 Tai Chi 10:30 (with Zoom option)	28 Bingo 12:30 S.R	29	30 Bingo 12:30 (with Zoom option) Bingo 12:30 S.R

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.

SENIOR EAT *and* GREET



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chicken Strips Sweet Potato Mixed Vegetables Tossed Salad Fruit Salad	29 Shepherds Pie Kidney Beans Italian Bread Tossed Salad Fruit Parfait	30 Flank Steak Mashed Potatoes Squash Italian Bread Tossed Salad Raspberry Sherbet	1 Flank Steak Mashed Potatoes Squash Italian Bread Tossed Salad Raspberry Sherbet	2 Fish Sandwich Tater Tots Green Beans Slaw Mandarin Orange Sugar Cookie
5 Vegetable Lasagna Spinach Garlic Bread Caesar Salad Apple Banana Pie	6 Chicken with Mushroom Sauce Mashed Potatoes Mixed Vegetables Wheat Roll Spinach Salad Chocolate Cake	7 Chicken with Mushroom Sauce Mashed Potatoes Mixed Vegetables Wheat Roll Spinach Salad Chocolate Cake	8 Beef Fajita Corn Mexican Salad Banana Carrot Cake Cookie	9 Biscuit with Sausage Gravy Eggs Hash browns Asparagus Fruit Salad
12 Chicken Chow Mein Lo Mein Noodles Asian Broccoli Salad Orange Fortune Cookie	13 Ham & Beans Corn Bread Broccoli Carrot Salad Apple Sauce Peanut Butter Cookie	14 Ham & Beans Corn Bread Broccoli Carrot Salad Apple Sauce Peanut Butter Cookie	15 Pot Roast Mashed Potatoes w/ Gravy Broccoli Wheat Roll Tossed Salad Apple Crisp	16 Shrimp Tacos Mixed Vegetables Slaw Tossed Salad Banana Pudding
19 Chicken & Rice Broccoli Wheat Roll Carrot Salad Brownie	20 Lentil Soup Roll Tossed Salad Apple Mixed Berries	21 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	22 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	23 Italian Sausage Fettuccine Mixed Vegetables Bread Stick Tossed Salad Banana Ice-cream
26 Hot Ham & Cheese Sandwich French Fries Green Salad Pears Pecan Bars	27 Fish Creole Rice Pilaf Hush Puppies Slaw Blond Brownie	28 Fish Creole Rice Pilaf Hush Puppies Slaw Blond Brownie	29 Baked Chicken Mac-n-cheese Stewed Tomatoes Wheat Roll Tossed Salad Orange Cookie	30 Ghoulash Peas Wheat Roll Tossed Salad Orange Halloween Cookies

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