



December *SENIOR SCOOP*

News and Views from the Council on Aging

December 2020



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It's certainly been a different year with Covid-19, fires and drought. At least the snow is diminishing the forest fires and it appears that there will be Covid-19 vaccines available sometime early next year.

I still wear a mask pretty much everywhere I go. I currently have three masks hanging from the shift lever in my car so in theory, I will always have one to wear. In reality though, I often get out of the car and walk halfway to where I'm going before turning around and going back for my mask. I manage to do the same thing when going to the market for groceries; but then I go back for both my mask and the shopping bag I also forgot.

I enjoy seeing daffodils and crocus in the spring, so today I planted the remainder of my inventory. I noticed that my back doesn't enjoy this activity as much as it used to. Oh well, at least I was breathing fresh outside air and digging in the soon to be frozen dirt.

Certainly this holiday season will be different than in years past. On the other hand, I have enjoyed quite a few really magnificent holidays with family and friends so I can tough it out. We had Thanksgiving dinner by ourselves at home while looking out the window at the beautiful valley where we live. Then came online cheers via Zoom, Google Teams, Microsoft Teams, Google Duo, Face Time, Blue Jeans and other programs that I've never heard of (but I'm sure my kids have).

Let's all have a great and safe holiday season. Wear our masks when we should. Stay at home when we can. Talk to friends and family remotely. And look forward to 2021, vaccines and ultimately a return to the normalcy we have come to miss.

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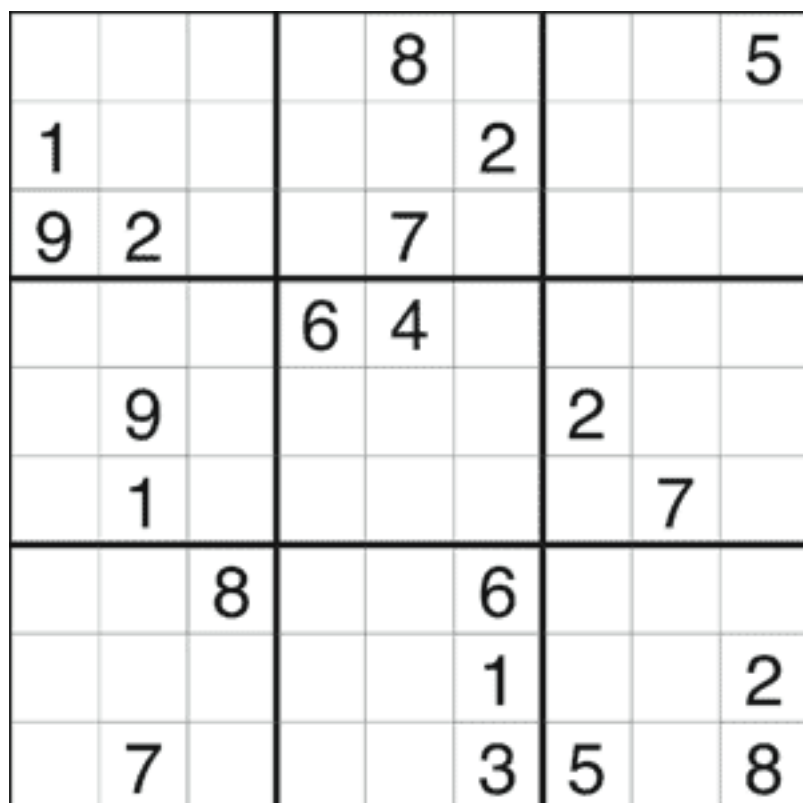
A Christmas Carol

Find and circle all of the “A Christmas Carol” words that are hidden in the grid. The remaining letters spell a secret message.

ANGRY
APPRENTICE
AVARICE
BAH
BED
BELINDA
BELLE
BOB CRATCHIT
CAUSTIC
CHAINS
CHARLES DICKENS
CHRISTMAS PAST
CHRISTMAS
PRESENT
CHRISTMAS YET TO COME
CLERK
COUNTING HOUSE
CRUTCH
CURTAINS
DRESSING GOWN
EBENEZER SCROOGE

FOG
GREEDY
HUMBUG
JACOB MARLEY
KNOCKER
LONDON
MARLEY'S GHOST
MARTHA
MERRY CHRISTMAS
MRS CRATCHIT
MRS FEZZIWIG
NEPHEW
NIGHTCAP
OFFICE
OLD FEZZIWIG
PETER
REDEMPTION
SNOW
SPIRITS
TINY TIM
TURKEY
WINTER

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



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

Sudoku is easy to play and the rules are 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.

Our next recommended book...

Oogy: The Dog Only a Family Could Love

By Lawrence Levin

Read it between now and January 25th

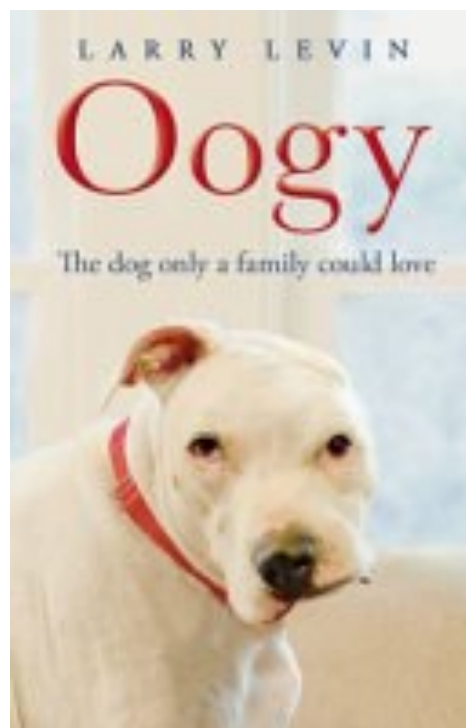
Discuss it January 25th @ 12:30pm

Hopefully live @ the Steamboat Community Center
or via ZOOM

Or Just Read it to Enjoy!

In 2002, Levin and his twin sons, Dan and Noah, took their terminally ill cat to the Ardmore Animal Hospital outside Philadelphia to have the beloved pet put to sleep. What would begin as a terrible day suddenly got brighter as the ugliest dog they had ever seen--one who was missing an ear and had half his face covered in scar tissue--ran up to them and captured their hearts. The Levins, whose sons are themselves adopted, were unable to resist Oogy's charms, and decided to take him home.

Heartwarming and redemptive, Oogy is the story of the people who were determined to rescue this dog against all odds, and of the family who took him home, named him "Oogy" (an affectionate derivative of ugly), and made him one of their own.



**RCCOA will be closed
Thursday and Friday,
December 24th and 25th for
the Christmas holiday and
Friday, January 1st for New
Year's Day.** Frozen meals are
available prior to the holiday
weekend. Let Ellyn know if
you are interested.



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



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.

Looking After Our Mental Health

adapted from the World Health Organization

Undoubtedly, this has been a hard year in many ways. It may be even more difficult as we move through the Holiday season. The new realities and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes and managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable, are challenging for all of us. Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need some extra support and care.

Here are tips and advice that we hope you will find useful.

- **Keep informed.** Listen to advice and recommendations from your national and local authorities. Follow trusted news channels, such as local and national TV and radio.
- **Minimize newsfeeds.** While keeping informed is important, too much is too much. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, limit your information to once or twice a day if needed.
- **Have a routine.** Keep up with daily routines as far as possible, or make new ones. Get up and go to bed at similar times every day. Keep up with personal hygiene. Eat healthy meals at regular times. Exercise regularly.
- **Make time** for doing things you enjoy.
- **Social contact is important.** If your movements are restricted, keep in regular contact with people close to you by telephone, cards, letters and online channels.
- **Screen time.** Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities.
- **Social media.** Use your social media accounts to promote positive and hopeful stories or to connect with friends and loved ones.
- **Help others.** If you are able to, offer support to people in your community who may need it, such as helping them with food shopping.
- **Get help when needed,** like calling for a ride, having food delivered or asking for medical care. Make sure you have a one-month supply or longer of your regular medicines. Ask family members, friends or neighbors for support, if needed. Contact RCCOA for help, resource referrals or with questions. 970.879.0633.

Each year, the Northwest Colorado Health Hospice Team offers special events to bring light into otherwise dark places during the holidays for those who are coping with loss. It is our hope that these events will assist you with feeling more connected and supported during the Holiday Season.

Contact Jo Anne Grace at 970-846-8319 for Zoom info.

Dec. 6 – Getting Ready for the Holidays #2. - 4:00-5:00 PM
This workshop will provide fun holiday crafts and creative ideas to keep our minds and bodies uplifted during the holiday season.
Zoom Meeting ID 823 529 1685 **Password** 727627

Dec. 9 – Celebration of Light – 5:30 PM. Live Stream
Celebrate the holidays while honoring the memories of loved ones. Materials will be available to create Love & Light Lanterns at home.
Zoom Meeting ID: 895 0242 3807 **Passcode:** 199317

Dec. 21 – Blue Christmas Service – 5:30-6:30 PM. Live Stream or in person with reservations via St. Paul's Episcopal website.
This service is to support individuals who are grieving or feeling down this holiday season.

To learn more about these events, please visit
northwestcoloradohealth.org/events.

Bake Some Holiday Cheer!~ Gingerbread Cookies

Ingredients

3 cups all purpose flour	1 1/2 tsp. baking powder	3/4 tsp. baking soda
1/4 tsp. salt	1 Tbs. ground ginger	1 3/4 tsp. ground cinnamon
1/4 tsp. ground cloves	6 Tbs. unsalted butter	3/4 cup brown sugar
1 large egg	1/2 cup molasses	2 tsp. vanilla
1 tsp. grated lemon zest		



- * In a small bowl, whisk together flour, baking powder, baking soda, salt, ginger, cinnamon, and cloves.
 - * In a large bowl beat butter, brown sugar, and egg on medium speed until well blended.
 - * Add molasses, vanilla, and lemon zest and continue to mix until well blended.
 - * Gradually stir in dry ingredients until blended and smooth.
 - * Wrap dough in plastic and let stand at room temperature for at least 2 hours or up to 8 hours. (Dough can be stored in the refrigerator for up to 4 days, but in this case it should be refrigerated. Return to room temp before using.)
 - * Preheat oven to 375 deg. Prepare baking sheets by lining with parchment paper or cooking spray.
 - * Sprinkle flour over dough and rolling pin.
 - * Roll dough to a scant 1/4-inch thick.
 - * Use additional flour to avoid sticking.
 - * Cut out cookies with desired cutter-- the ginger bread man is our favorite of course.
 - * Space cookies 1 1/2-inches apart. Bake for 7-10 minutes (the lower time will give you softer cookies-- very good!).
 - * Remove cookie sheet from oven and allow the cookies to stand until the cookies are firm enough to move to a wire rack. After cookies are cool you may decorate them any way you like.
- *I usually brush them with a powdered sugar glaze when I am in a hurry, but they look wonderful decorated with icing.

Gift the Love of Reading – The Perfect Holiday Gift



Do you have a grandchild, niece, nephew, or other child in your life from birth to age five? If so, you'll want to know about the Dolly Parton Imagination Library! It's a program created out of Dolly's vision to create a book gifting program so that every preschool child in her home county in Tennessee would have their own home library of books to inspire a love of reading. Today, 680 children in Routt County have become a part of Dolly's vision, along with well over 170 million children across the US and 4 countries. Each

child who is enrolled in the Imagination Library, age birth to 5 years, receives each month, at no cost, a personally addressed age-appropriate book delivered to their home. So be sure every child you know in Routt County (birth to 5 years) is enrolled to receive their free book each month.

AND NOW! You can gift this program to a child outside of Routt County, as long as the Imagination Library is not available where they live. With a \$250 donation, you can gift the program to two children; sponsoring one child in Routt County and one outside of the county.

For more information on how to enroll children in the DPIL or to make a donation to the program, please go online to <https://www.routtcountyunitedway.org/imagination-library/> or call Routt County United Way at (970) 879-5605.

The gift program has already reached as far as Hawaii. The reaction of a one -year old niece was described: *I'm told she totally waits for her book to arrive each month, knowing that not only her parents will read it to her, but also her Colorado Auntie will read to her on a video conference!*



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



Christmas Carol Word Scramble

DTHEHACELKLS _ _ _ _ _
TTHNGEILNIS _ _ _ _ _
ILNSJEGELLB _ _ _ _ _
TLEESHORTFNI _ _ _ _ _
HNGTYOHILO _ _ _ _ _

The Christmas Shoes Song by NewSong, songwriters Eddie Carswell and Leonard Ahlstrom

It was almost Christmas time, there I stood in another line, tryin' to buy that last gift or two, not really in the Christmas mood. Standing right in front of me was a little boy waiting anxiously, pacing 'round like little boys do, and in his hands he held a pair of shoes. His clothes were worn and old. He was dirty from head to toe and when it came his time to pay I couldn't believe what I heard him say, "Sir, I want to buy these shoes for my mama, please. It's Christmas Eve and these shoes are just her size. Could you hurry, sir, daddy says there's not much time. You see she's been sick for quite a while, and I know these shoes would make her smile. And I want her to look beautiful if mama meets Jesus tonight."

He counted pennies for what seemed like years. Then the cashier said, "son, there's not enough here". He searched his pockets frantically, then he turned and he looked at me. He said "Mama made Christmas good at our house, though most years she just did without. Tell me Sir, what am I going to do? Somehow I've got to buy her these Christmas shoes." So I laid the money down, I just had to help him out. And I'll never forget the look on his face when he said, "Mama's gonna look so great. Sir, I want to buy these shoes for my mama, please. It's Christmas Eve and these shoes are just her size. Could you hurry, sir, daddy says there's not much time. You see she's been sick for quite a while and I know these shoes would make her smile. And I want her to look beautiful if mama meets Jesus tonight. "

I knew I'd caught a glimpse of heaven's love as he thanked me and ran out. I knew that God had sent that little boy to remind me just what Christmas is all about.

THANK YOU DONORS! **Donations Received October 2020**

Julie Alkema
Bridge Players Benevolent Fund
CARS
Charities Aid Foundation of America
Lavon Cheek
City of Steamboat
Community Grants Fundraising Fund of the
Yampa Valley Community Foundation
Rosemary Farrell
HLCC Construction Company
Laura LaMetterey
Jean Levine
Mary Locke

Jim McGee
Cari Merlina
Routt County
Christine Serafin
Pegi Simmerman
Ski Corp Environmental Fund of the Yampa
Valley Community Foundation
Rozanne Steinhoff
Laura Stout
Steamboat Tai Chi
Gwen Tudor
Leonarda VanDerWerf
Martha VanHorn

**Joyce Hahn in memory of
Brian Hahn**

**Louise Iacovetto in memory of
Alice Iacovetto**

**Vi Look in memory of
Geneva Taylor**

**Rebecca Wattles and the Borland
Family in memory of
Cathy Borland**

*Miss me a little,
but not for long and not
with your head bowed low.*

*Remember the love that once we
shared~*

Miss me, but let me go.

Excerpt from *Let Me Go*
by Christina Rossetti

**Thank You Scott and Sherrie Ford
for donating your car to benefit
Routt County Council on Aging!**



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. ***You can schedule your Colorado Gives Day donations in advance at www.ColoradoGives.org. See April if you need assistance online.***



Even a little provides a lot!

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

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 been discontinued at this time due to the COVID 19 restrictions.

Continue to check our website or Facebook page for continued updates. Call with any questions, 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

Join us for Bingo via ZOOM on Fridays at 12:30. Call 970.879.0633 to request Bingo supplies to play along at home or if you have questions.

Join Zoom Meeting <https://us02web.zoom.us/j/84901402570>

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 BLT Clam Chowder Spinach Salad Orange Apple Pie	1 Chicken Cordon Blue Rice Pilaf Asparagus Wheat Roll Tossed Salad Apricots Cookie	2 Chicken Cordon Blue Rice Pilaf Asparagus Wheat Roll Tossed Salad Apricots Cookie	3 Meatball Sub Potato Wedges Peas Green Salad Orange Strawberry Rhubarb Crisp	4 Tuna Casserole Mixed Vegetables English Muffins Tossed Salad Orange Jello
7 Open-face Turkey Sandwich Mashed Potatoes w/gravy Green Beans Tossed Salad Apple Ice Cream	8 Lasagna Spinach & Asparagus Garlic Bread Fruit & Walnut, Orange Salad Chocolate Pumpkin Cup Cake	9 Lasagna Spinach & Asparagus Garlic Bread Fruit & Walnut, Orange Salad Chocolate Pumpkin Cup Cake	10 Pot Roast Mashed Potatoes w/gravy Broccoli Wheat Roll Tossed Salad Apple Crisp	11 Catfish Scalloped Sweet Potatoes Stewed Cabbage Bran Muffin Tossed Salad Strawberry Shortcake
14 Hot Italian Sub Italian Vegetable Medley Italian Pasta Salad Banana Oatmeal Craisin Cookie	15 Turkey Noodle Soup Grilled Cheese Spinach Salad Orange Banana Pudding	16 Meat Loaf Mashed Potatoes w/ gravy Cider Carrots Wheat Roll Green Salad Lemon Bar	17 Meat Loaf Mashed Potatoes w/gravy Cider Carrots Wheat Roll Green Salad Lemon Bar	18 Shrimp Stir Fry Vegetables Egg Roll Melon Cup Sherbet
21 Cheese Ravioli Mixed Vegetables Bread Stick Caesar Salad Pumpkin Pie	22 Ham Sweet Potato Green Bean Casserole Wheat Roll Tossed Salad Apple Pie	23 Ham Sweet Potato Green Bean Casserole Wheat Roll Tossed Salad Apple Pie	24 CLOSED	25 CLOSED MERRY CHRISTMAS! 
28 Monterey Chicken Roasted Potatoes Mixed Vegetables Wheat Roll Tossed Salad Orange Cheesecake	29 Lamb Burger Potato Gnocchi Spinach Cucumber & Tomato Salad Cookie	30 Black Eyed Pea Stew Collards Cornbread Tossed Salad Banana Peach Cobbler w/ Ice-cream	31 Black Eyed Pea Stew Collards Cornbread Tossed Salad Banana Peach Cobbler w/ Ice-cream	1 CLOSED HAPPY NEW YEAR!! 

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