

February SENIOR SCOOP

News and Views from the Council on Aging

February 2021

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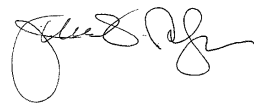
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As I write this, the January thaw is upon us. Temperature today is in the forties and the ice and snow on the driveway are melting. It's nice to be outside without a coat and hat. One of the many things I love about living here is not only the change of the seasons; but the changes within the season. Shorts in January and snow in June.

I've got an old clock (about 1880) that used to belong to my great grandmother. My project for the next couple of weeks is to get it running again. It is a pendulum and counterweight mantle clock that I really like. Nothing like having a project spread out on the dining room table. Most of the critical parts are there, so I'm hoping that I won't have to locate many ancient parts on the internet.

COVID-19 is still with us; but I imagine most of us will have gotten our vaccinations in the next few months. It's difficult to even imagine the logistical challenge of inoculating nearly 300 million people. Happily, there are professionals out there who are up to the task. Life may not return to "normal" in the next month or two; but I'll be surprised if we're not enjoying the "new normal" by midsummer.

Enjoy your February! There will be a Winter Carnival – although it will be different. Follow it this year in the Steamboat Pilot and remember all of the great carnivals from past years. I'm sure that it will be back to normal by next year.



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RCCOA Board President

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ROUTT COUNTY
COUNCIL ON AGING

Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.

*“When an
elder dies, it’s
as if a library
burns down.”
~ African Proverb*

Pandemic PEN PALS

Connecting seniors and students in an effort to support well being and foster connections.

Keep your stories alive by sharing them! Older adults have life stories filled with wisdom, laughter, and sometimes tears. These stories provide something to relate to and build human connections.

If you are interested in becoming a pen pal with a student in our community please call Ellyn at RCCOA 970.879.0633 xt 4.

Hoping you’ll join in, and make a new connection.



This is part of a letter that was written back to a student from Gary Anderson. Thank you for sharing Gary!

THANK YOU FOR THE NICE LETTER. I ALSO PRINT BECAUSE MY CURSIVE WAS SO BAD. I SHOULD HAVE PRACTICED MORE. WHEN I WAS REALLY LITTLE I TOLD MY MOTHER I COULD ORDER MY OWN TOY FROM A CHEERIOS BOX. IT WAS A LITTLE PLANE SUBMARINE THAT WENT UP AND DOWN IN THE BATHTUB. THE FUEL WAS BAKING SODA. MY WRITING WAS SO BAD IT CAME IN THE MAIL ADDRESSED TO “GOOFY” INSTEAD OF GARY. MY DAD THOUGHT IT WAS REALLY FUNNY. THAT’S WHEN I STARTED PRINTING.

I GREW UP IN A SMALL TOWN IN MINNESOTA. WE LIVED NEXT TO A LARGE TOWN PARK THAT HAD A BASEBALL DIAMOND, A FOOTBALL FIELD AND TENNIS COURTS. I LOVED ALL SPORTS SO I DID MY HOMEWORK RIGHT AWAY AFTER SCHOOL ON FRIDAYS SO I COULD SPEND ALL WEEKEND PLAYING SPORTS. THEN AT NIGHT IN THE DARK MY FRIENDS AND I WOULD PLAY “KICK THE CAN” AND “CAPTURE THE FLAG”. WE ALSO MADE A RACETRACK ON THE SCHOOL PLAYGROUND TO HAVE BIKE RACES. WE FASTENED OLD PLAYING CARDS ON OUR BIKES SO IT WOULD SOUND LIKE A MOTORCYCLE.

I LOVE LIVING IN STEAMBOAT. THE MOUNTAINS STILL AMAZE ME. I AM A LITTLE TOO OLD TO LEARN HOW TO SKI, BUT I LIKE WATCHING THE KIDS SLALOM AND SKI JUMP. THEY ARE GREAT! I HOPE YOU ARE ENJOYING THE SNOW.

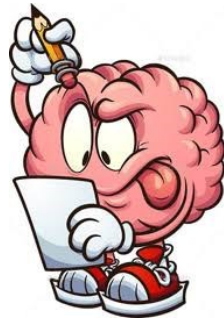
HAVE FUN AND STAY SAFE,

GARY



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.



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

Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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



- | | |
|------------|--------------|
| ADMIRER | FLOWERS |
| ADORE | FONDNESS |
| AFFECTION | FOREVER |
| ATTRACTION | FRIENDSHIP |
| BEAU | GIFT |
| BELOVED | GIRLFRIEND |
| BOYFRIEND | HEARTS |
| CANDLES | JEWELRY |
| CANDY | LIKE |
| CHOCOLATES | LOVEBIRDS |
| COUPLE | LOVERS |
| CRUSH | PARTNER |
| CUPID | PROPOSAL |
| DARLING | RELATIONSHIP |
| DATE | RESTAURANT |
| DEAR | ROMANCE |
| DEVOTION | ROSES |
| FANCY | SENTIMENT |
| FEBRUARY | SUITOR |
| FLAME | SWEETHEART |

Are Artificial Sweeteners Safe?

Artificial sweeteners are easy to find in every restaurant and most sweet flavored products throughout North America and other westernized countries. These artificial sweeteners give us the same pleasure as sugar without the calories and dangerous effects on insulin signaling and triglyceride formation. This includes aspartame, acefultame potassium, monosodium glutamate, sucralose and many others. Unfortunately, these artificial sweeteners and flavor enhancers break down into highly toxic chemical agents that damage important regions of the body.

Ideal sweeteners are formed in nature and are minimally processed. These would include monk fruit, organic sugar, stevia, raw honey, maple syrup, etc. The greater the processing the more dangerous the sweetener can potentially be. Artificial sweeteners are often devised completely in a laboratory or they begin as sugar and undergo massive processing. Some of the most dangerous artificial sweeteners & flavor enhancers include the following:

Aspartame: Originally approved in 1981 for use in food, aspartame is 200 times sweeter than sugar. It is composed of 50% phenylalanine, 40% aspartic acid and 10% methanol. Excess phenylalanine has been shown to disrupt serotonin levels in the nervous system which can lead to depressive, emotional & psychotic disorders. Aspartic acid is an excitotoxin that over excites neurons and destroys cells. Methanol is also a neurotoxin and its absorption is increased when aspartame is heated above 86 degrees Fahrenheit. This heating breaks methanol into formaldehyde which damages the nervous system and is highly carcinogenic.

Monosodium Glutamate (MSG): This flavor enhancer and preservative is used in many canned and packaged foods. The Arizona Center for Advanced Medicine has stated that it promotes the growth of cancer cells and is highly neurotoxic in the body. Other studies have linked it to liver damage, chronic inflammation, chronic pain and weight loss resistance.

<https://drjockers.com/artificial-sweeteners>

WHAT IS MSG? AND IS IT BAD FOR YOU?

MONOSODIUM GLUTAMATE (MSG)

MSG is a flavour enhancer used to add an umami flavour to a variety of foods. It is manufactured by breaking down and changing natural-bound glutamate into free forms of glutamate and then attaching it to a salt.



COMMON NAMES FOR MSG

- | | | |
|---------------------------------------|--------------------------------------|----------------------------------|
| · Glutamate | · Hydrolyzed Vegetable Protein (HVP) | · Hydrolyzed Plant Protein (HPP) |
| · Whey Protein Concentrate or Isolate | · Glutamic Acid | · Senomyx |
| · Bouillon | · Sodium Caseinate | · Textured Protein |
| · Yeast Food or Nutrient | · Autolyzed Yeast | · Natural Flavoring |
| · Autolyzed Plant Protein | · Vegetable Protein Extract | · Flavors |
| · Maltodextrin | · Yeast Extract | · Gelatin Calcium Caseinate |
| · Monopotassium Glutamate | · Barley Malt | |

SOME OF THE HEALTH IMPLICATIONS OF MSG ARE AS FOLLOWS:

- | | |
|-----------------|---------------------------|
| · Fibromyalgia | · Allergic Reactions |
| · Fertility | · Headaches |
| · Neurotoxicity | · Kidney and Liver Damage |
| · Obesity | |

WHOLE FOOD ALTERNATIVES TO MSG:

- | | |
|--------------|---------------------|
| · Nut Cheese | · Nutritional Yeast |
| · Miso | · Coconut Aminos |
| · Nori | · Coconut Kefir |
| · Tamari | |



Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | tips.hhs.gov
- FBI Hotline: **1-800-CALL-FBI** | ic3.gov
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

oig.hhs.gov/coronavirus
fbi.gov/coronavirus
justice.gov/coronavirus



HHS
Office of
Inspector
General



Federal
Bureau of
Investigation



Department
of Justice



For reliable, local information visit
www.covid19routtcounty.com/vaccine-information

A Great Big Thank You Donors!

Donations Received December 2020

Julie Alkema	Scott and Jennifer Grosjean	Karen O'Connor
Marc and Claire Allinson	Rebecca Hammond	Michael O'Connor
American Legion Post #44	Bruce and Jane Hannon	Steve Otis
Gary Anderson	Michael and Deanna Hines	Over the Hill Gang
Anonymous	HLCC Construction Company	Chuck and Maria Porter
Anonymous	Impact 100 Fund of Yampa Valley	Linda Pratt
Anonymous	Community Foundation	Thomas Pratt
Anonymous	Brad and Kathy Iversen	Jean Ray
Anonymous	William Kennedy	Angela Robinson
Russell and Carol Atha	Selina Koler	Barbara Robinson
Nadine Arroyo	Bill and Carolyn Krueger	Jane and Bud Romberg
A.V. Hunter Trust	Laurie Kuelthau	Susan Scott
Cindy Balin	Jean Labaree	Tom and Elaine Sigman
Lynne Bier	Jason and Dervla Lacy	Pegi Simmerman
Bluestem Fund	Jan Levy	Diana Simon in honor of Dorothy Slingsy
Thomas and Pauline Bouchard	Keith and Janet Liefer	James Stegmaier
Jim and Barbara Bronner	Tom and Dawn Lillie	James Stanko
Pat Carmen	Julie Lind	Steamboat Sotheby's International Realty Community Fund of the Yampa Valley Community Foundation
Charities Aid Foundation of America	Livingston-Techarukpong Fund of the Yampa Valley Community Foundation	Steamboat Sticker Company
Patsy and Ted Carleton	Mary Locke	Steamboat Tai Chi
Debora Castro	Catherine Lykken	Kathleen Cline and Carl Steidtmann
Central Park Management	Robert J Marko	Thomas and Barbara Swissler
Tania and Chuck Coffey	Kenneth and Diane Manley	Marian Tolles
Colorado Group Realty	Kathleen Matzdorf	United Methodist Church
Susan and Kelly Colfer	Jaclyn McDonald	Karen Vail
Cook Chevrolet	McGinnis Family Fund of the Yampa Valley Community Foundation	Leonarda VanDerWerf
Kiersten Connor	Jim McGee	Catherine Voorhees
Dixie Coyle	Nancy McStay	Rebecca and Terry Wattles
Deborah Curtis	Linda Miller and George Blau	Jeanne Willman
Lynn and Bill Davis	Sandra Morrison	Nancy Westphale
Cher and Dan Dooley	Charlotte Murdock	Karen Wogsland
Pinky and Steve Downs	Mountain Valley Bank	Annie and Tim Wohlgenant
Drunken Onion	Scott and Ellyn Myller	Wade Wykert
William and Judith Emerson	Niedermeier Family	WZ Giving Circle of the Yampa Valley Community Foundation
Bridget and Paul Ferguson	Perry and Mary Ann Ninger	Isabelle Yurevitch
Gil Fifield	Neko Enterprises, LLC	
John and Marlene Fisher	Dan O'Connor	
FM Light and Sons		
Donna Garth		



**Memorial donations honor loved ones who have passed away.
We appreciate these December donations.**

Keith and Stacy Kramer in memory of
Lionel Kramer

Sandra and Michael Moore in memory of
Delpha Johnson

Mike, Dan, Karen and the O'Connor family
in memory of Jim O'Connor

Janie Romick in memory of Alice Iacovetto

Janie Romick in memory of Geneva Taylor

Meg Tully in memory of Joe Tully

Brad and Maria Wright in memory of Tammy Bradshaw

*Time cannot heal the heartache, or stop a silent tear.
It won't take away the memories of ones we loved so dear.*



A Special Thank You to All of our Volunteers

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

Joanna Allison
Mike Berdine
Sharon Bozarth
Ashley Demos
George Detwiler
Tracie Detwiler
Dan Emert
Jane Hannon
Beth Kuczkowski
Lisa Lancaster
Margie Layman
Jay Layman
Susie Lee
Jean Levine
Julie Lind
Jim Lob

Nancy Mucklow
Scott Myller
Sandi Poltarak
Angie Robinson
Tosia Sauter
Cat Schaffrick
Don Sperry
Chris Stillwell
Tom Swissler
Stone Soup Kitchen
Meg Tully
Rebecca Wattles
Angi Wood
Nancy Zimmerman
Annette Zuber



Do You Need to Borrow Medical Equipment?

Have you had a recent surgery? Do you have a guest coming to visit who may need extra assistance? Do you need medical equipment -- long or short term? RCCOA has wheelchairs, walkers, canes, toilet riser seats, a shower transfer chair and a few other supplies available to borrow for **FREE**. Contact us for information or to pick up. 970.879.0633



Coming Soon... an activity bag delivered with your meal in February.

Complete 1 or more activities from the bag and submit it, or a photo of it, to April (april@rccoaging.org) and be entered into a drawing for a gift certificate.

Please let April know by phone or email if you would like to receive future activity bags.

970.879.0633



RCCOA will be **closed Monday February 15th** in observance of **Presidents' 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

It feels a lot like spring!

Happy Groundhog Day!

February 2nd



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.

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
1 Taco Salad Black Beans Fruit Cocktail Sugar Cookie	2 Honey Chicken Sweet Potato Mixed Vegetables Wheat Roll Tossed Salad Orange Cake	3 Honey Chicken Sweet Potato Mixed Vegetables Wheat Roll Tossed Salad Orange Cake	4 Cod Orzo Broccoli Spinach Salad Mandarin Oranges Strawberry Shortcake	5 Turkey & Cheese Sandwich Minestrone Crackers Pineapple Cake
8 Shepherd's Pie Broccoli French Bread Spinach Salad Banana Chocolate Cream Pie	9 Chicken Marsala Gnocchi Beets Green Salad French Bread Orange Chocolate Pudding	10 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	11 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	12 Pork Chow Mein Lo Mein Noodles Hawaiian Veggies Egg Roll Asian Salad Mandarin Orange Fortune Cookie
15 PRESIDENTS' DAY ALL SITES CLOSED	16 Jambalaya Zucchini Okra French Bread Tossed Salad Banana Cream Pie	17 Jambalaya Zucchini Okra French Bread Tossed Salad Banana Cream Pie	18 Beef Enchilada Casserole Spanish Rice Pinto Beans Tossed Salad German Chocolate Cake	19 3 Cheese Ziti Italian Vegetables Kidney Beans Garlic Bread Caesar Salad Brownie
22 Red Beans Italian Sausage Rice Seasoned Greens Corn French Bread Orange & Cookie	23 Oven-fried Chicken Mashed Potatoes Gravy Biscuit Tossed Salad Orange Ice-cream	24 Oven-fried Chicken Mashed Potatoes Gravy Biscuit Tossed Salad Orange Ice-cream	25 Beef Roast Roasted Potatoes Green Beans Tossed Salad Mandarin Orange Pineapple Cake	26 Cheesy Cauliflower Soup Grilled Cheese Sandwich Tossed Salad Apple Strawberry Shortcake

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