

# News and Views from the Council on Aging

January 2021

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Finally...2021! The evening news still starts with the daily "body count"; but in Routt County at least, that number is declining. Vaccines are beginning to arrive and hopefully those of us in the (ahem..) high-risk group will have them available soon. I plan to get mine as soon as possible. I don't want to waste any of the time I have left being sick. Wear your masks and get those shots folks!

Winter is the season when I attempt to sort through the excess stuff. There are several plastic tubs in the garage that contain stuff. I decided that my goal will be to go through at least one of those tubs each day and decide whether I truly need to keep those things or let them become someone else's stuff. Clothes that haven't been worn in a year or two – out! Old appliances that aren't in current use – out! Furniture that is in the attic – out! If I no longer want something and I know in my deepest heart of hearts that my kids could really care less, well – out. Tools...well I have to draw the line somewhere. I don't throw away or donate many of the tools I've spent decades acquiring. You never know, I might need that someday. I did however reorganize my toolbox and emptied out the junk drawer. You know that little drawer containing extra screws, nuts and miscellaneous car parts that have accumulated during my life.

And by the way, while I'm thinking about throwing away or donating excess stuff, if you have a car that you no longer use; running or not, consider donating it to the Routt County Council on Aging. We'll arrange to have it picked up and you'll get a nice charitable donation for your taxes.

Jim McGee  
RCCOA Board President

A handwritten signature in black ink, likely belonging to Jim McGee.

## Staff

**April Sigman**  
Executive Director

**Chris Becea**  
Steamboat Kitchen Asst.

**Cheryl Carl**  
South Routt Kitchen Asst.

**Toni Cratsley**  
Steamboat & Hayden  
Cook

**Gil Fifield**  
Steamboat Driver

**Bill Gibbs**  
South Routt Driver

**Chuck Girton**  
Hayden Driver

**James Graham**  
Steamboat Driver

**Michael Kenney**  
Hayden Driver

**Carmen Matthews**  
Steamboat Kitchen Asst.

**Ellyn Myller**  
Client Support Services

**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.*



## WINTER

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

BLACK ICE  
BLIZZARD  
BOOTS  
CARNIVAL  
CHRISTMAS  
COLD  
EGG NOG  
FIREPLACE  
FIREWOOD  
FOG  
FREEZE  
FROST  
GLOVES  
HAIL  
HEADBAND  
HIBERNATION  
HOCKEY  
HOLIDAYS  
ICE FISHING  
ICICLES  
KNIT CAP  
LONG UNDERWEAR  
MITTENS  
OLYMPICS  
PARKA  
SCARF

SEASON  
SKATES  
SKI DOO  
SKI PANTS  
SKIING  
SLED  
SLEET  
SLIPPERY  
SNOW CASTLE  
SNOW PLOW  
SNOW SHOVEL  
SNOW TIRES  
SNOWBALL  
SNOWBOARD  
SNOWFLAKE  
SNOWMAN  
SNOWSHOES  
SOLSTICE  
SOUP  
STEW  
STORM  
SWEATSHIRT  
TOBOGGAN  
VACATION  
WIND CHILL  
WOOL SOCKS

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

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



**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.

## DO YOU WANT TO TRY SOMETHING NEW, HAVE FUN AND LEARN WHAT BRIDGE IS ALL ABOUT!

Never played bridge before but have an interest in exploring the game? Heard it was too hard? Don't know how to start? We make learning fun and easy!



Join our "Never-Ever" online classes on  
**Mondays January 11, 18 & 25**  
in our virtual teaching "classroom" from 3:30-5:00



American Contract  
Bridge League

**You'll play card games to reinforce the lesson while laying a foundation to play bridge. You will play basic games on Day 1!**

Lessons are for those who have NEVER played bridge or even played card games before! Those who have played should wait until our Bunny Slope or Green Slope lessons. Watch the RCCOA newsletter for those dates.

The cost for the course is only \$5 providing an affordable, fun "test" drive!

Once you've finished this course you're ready for the next step, our Bunny Slope classes!

Meet new friends in our video classroom, have fun and form a love for an international game! Have questions? Call Sharon Smith 303-588-9856.

## Pandemic PEN PALS

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

The kids in our community have also been effected by COVID-19 and you could encourage them by sharing a little about yourself, sharing where you grew up, a special childhood memory, your fondest Christmas gift received as a kid, some sage advice... We have received some sweet letters from young students in our community.

Steamboat Springs Middle School will supply pre-addressed, stamped envelopes so all you have to do is write back and place it in the mail! Parents will give permission for the students to participate. 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,  
do something new in the new year  
and make a new connection.



“

May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art - write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself.

neil gaiman

## Our next recommended book...

### *Oogy: The Dog Only a Family Could Love*

*By Lawrence Levin*

**Read it** between now and January 25th

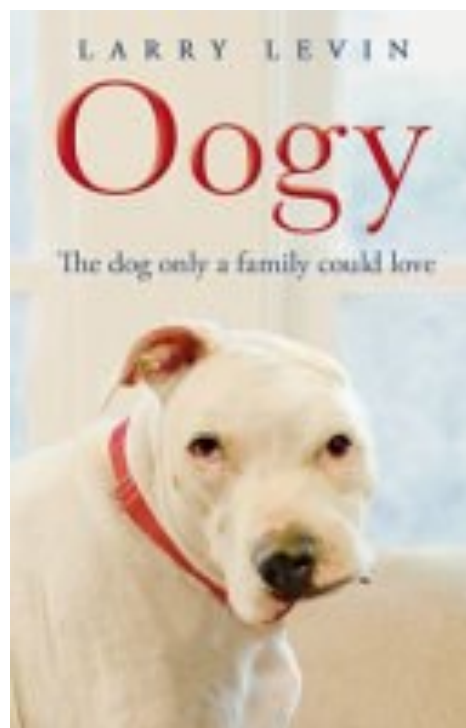
**Discuss it** January 25th @ 12:30pm

*Hopefully live* @ the Steamboat Community Center  
or via ZOOM

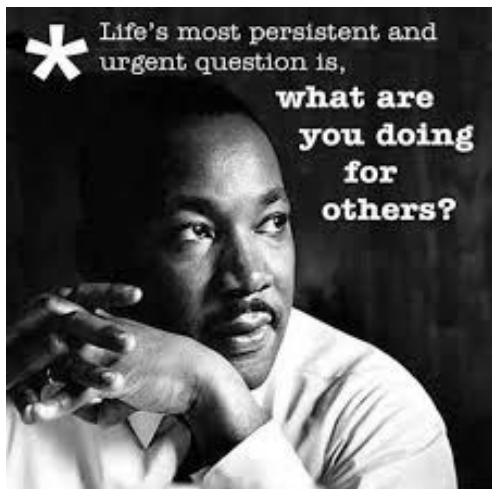
**Or Just Read it to Enjoy!**

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 Monday  
January 18th in observance of  
Martin Luther King Jr. 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](http://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).



## From the Executive Director

One thing I have realized in 2020 during the COVID-19 pandemic is the importance of relationships, partnerships and our community. At RCCOA we've seen and felt an outpouring of support in a variety of ways: businesses and community members donating funds and helping with meals; neighbors and other non-profits bringing in homemade masks; teachers dropping off handmade cards and letters from students; clubs and churches reaching out to help with food donations and meal delivery; volunteers going above and beyond the call of duty; and generous donations from foundations, clubs, local government and individuals. This support and encouragement helps ensure our ability to care for our clients in new ways in addition to their daily meals.

It's important we remember to take care of one another and ourselves to get us through these challenging times. I greatly appreciate the team I work with including our amazing staff and volunteers, our faithful Board of Directors, and, most importantly, our wonderful clients. They are so appreciative for what the community helps us provide to them. As one client commented, "Your meals and smiling faces keep me going. It's something to look forward to every day." I am proud that we make a difference every day in the lives of those we serve. Together we make our corner of the world a better place.

Wishing you health and happiness,

April Sigman  
RCCOA Executive Director



Peace  
Love   
Laughter  
FOR THE NEW YEAR



thank  
YOU

## 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

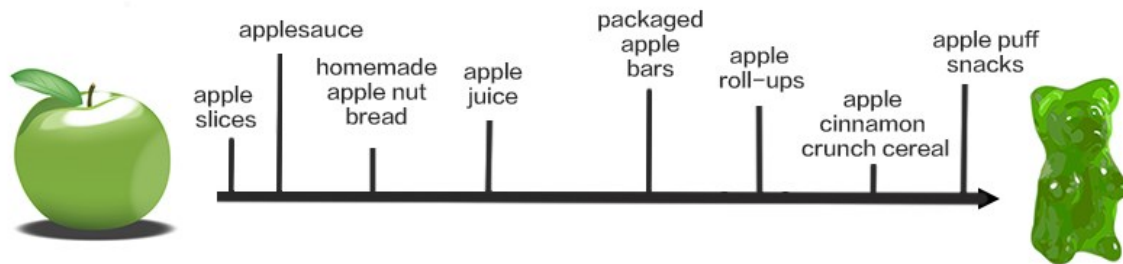
Margie Layman  
Jay Layman  
Susie Lee  
Jean Levine  
Julie Lind  
Jim Lob  
Jim McGee  
Nancy Mucklow  
Sandi Poltarak  
Angie Robinson

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

## A Food Spectrum ~ From Whole to Processed



Differentiating between whole food and processed food is not black and white. Food exists on a spectrum between extremes, entirely whole food on the left and entirely processed food on the right. Most of the food we consume exists somewhere in between. The eating focus should be toward the left of the spectrum, selecting whole foods and lightly processed foods while minimizing more processed foods and eliminating highly processed food. The image below represents the spectrum from whole foods to processed foods, with an apple representing whole foods and a gummy bear representing ultra-processed foods.



Whole food is on the left and with every step of processing a food shifts to the right; with processing comes nutrient loss and food additives.

**How do we define whole food?** A **whole food** is a food that resembles how it appeared in nature. Whole foods are whole vegetables, whole fruits, whole beans and unprocessed meats or animal parts. When trying to figure out if a food is whole, ask yourself,

***Did it grow on a tree or a bush? Was it pulled from the ground?  
Did it roam in the wild?***

If the answer is no, it's not a whole food. Lightly processed food is part of a healthy diet. Some types of processing actually increase the nutrient value of food while other processes remove portions of a plant that are toxic to humans. Some processing is necessary to ensure the safety of the food supply.

***Once there is more than one ingredient in a food, it is no longer a whole food.  
It is a food-product.***

To choose the better option, look for recognizable ingredients, preferably food products with one or two ingredients. Avoid products with food additives. Hint: if you don't recognize an ingredient, it's a food additive. The goal is to choose lightly processed foods over moderately processed and heavily processed foods.

<https://www.nutritionaldoublethink.com/whole-vs-processed.html>

# Fall prevention: Simple tips to prevent falls

Falls put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from your choice in footwear to hazard-proofing your home. Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider these simple fall-prevention strategies.

**Keep moving** – Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility. If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

**Wear sensible shoes** – Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

**Remove home hazards** – Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

**Light up your living space** – Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>



# Thank You Donors

**WOW! Your generosity on CO Gives Day blew us away!**

**We received \$26,633 from 82 donors  
in 24 hours!!**



**These donors will be recognized individually in  
next month's newsletter, but until then,  
Thank You to all who donated on CO Gives Day.**

## **THANK YOU DONORS! Donations Received November 2020**

Julie Alkema  
Anonymous  
City of Steamboat Springs  
HLCC Constuction  
Selina Koler  
William and Carol Markowitz  
Jim McGee

Routt County  
Routt County United Way  
Steamboat Tai Chi  
United Methodist Church Foundation  
Leonarda VanDerWerf

**Even a little provides a lot!**

**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 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
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 Ice-cream	1 HAPPY NEW YEAR!! All Sites Closed 
4 Italian Chicken & White Beans California Vegetables Garlic Bread Tossed Salad Fruit Cocktail Cinnamon Roll	5 Salmon Patty Rice Mixed Vegetables Wheat Roll Tossed Salad w/Raisins & Nuts Cake	6 Pork Roast Cornbread Casserole Kidney Beans Spinach Salad Strawberries & Cream	7 Pork Roast Cornbread Casserole Kidney Beans Spinach Salad Strawberries & Cream	8 Beef Quesadillas Refried Beans Mexican Salad Banana Orange Jell-O
11 Pork Chop Stuffing California Vegetables Italian Bread Tossed Salad Apple Pie	12 Chicken w/Mushroom Sauce Mashed Potatoes Mixed Vegetables Wheat Roll Tossed Salad Oatmeal Cookie	13 Beef Lo Mein Vegetable Stir Fry Asian Salad Orange Fortune Cookie	14 Beef Lo Mein Vegetable Stir Fry Asian Salad Orange Fortune Cookie	15 Chili Renos Casserole Succotash Wheat Roll Tossed Salad Tapioca Pudding
18 Martin Luther King Jr. Day All Sites Closed	19 Mongolian Beef Rice Asian Slaw Apricots Fortune Cookie	20 Mongolian Beef Rice Asian Slaw Apricots Fortune Cookie	21 Pork Loin Mashed Potatoes Mushroom Gravy Green Beans Biscuit Tossed Salad Chocolate Chip Cookie	22 Shrimp Scampi Zucchini & Tomato Medley Garlic Bread Caesar Bread Orange Banana Cake
25 Ham & Cheese Sandwich Corn Chowder Crackers Mandarin Orange Ice Cream	26 Chili Cornbread Tossed Salad Fruit Cup Chocolate Pudding	27 Chili Cornbread Tossed Salad Fruit Cup Chocolate Pudding	28 Spinach Loaf Wheat Toast Slaw Fruit Cup Cinnamon Roll	29 Chicken & Broccoli Alfredo w/Fettuccini Italian Bread Caesar Salad Banana Cherry Cobbler

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