



SENIOR SCOOP

News and Views from the Council on Aging

March 2021

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Hard to believe; but in just a couple of weeks on March 14th, we return to Daylight Savings Time. Spring ahead... Fall back. It's already staying light-ish past six in the evening. On March 20th the Vernal Equinox (when day and night are of equal length) occurs and we officially start moving into Spring and towards Summer. In March, we start to see the snow melt away in the valley and the ice starts breaking up on the Yampa River. I enjoy making my way up towards Fish Creek Falls in late March to watch the water start breaking up the ice on the face of the falls.

When the sun is shining I like to get outside as much as possible. Even just taking a sandwich outside for lunch seems like a picnic. Somehow the winters seem longer than they used to. I know that it's still going to snow for a few months; but now I also know that better weather, green grass and flowers are headed our way.

The Covid pandemic appears to be winding down (at least in Routt County) and it appears that soon, the Council on Aging will be able to start getting back to normal with some group activities. Get your vaccinations, wear your masks, maintain social distancing and enjoy watching Winter turn into Spring and life slowly return to some degree of normalcy.

Jim McGee
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.

Routt County is currently at level Yellow of the COVID-19 restrictions. That means RCCOA group meals and activities will resume March 1st!

Reservations are required for each dining site and participants must wear a face mask unless actively eating. You may also reserve to pick up a meal to go. Please call 970.879.0633 xt. 4 for a reservation.

In person BINGO will resume, Zoom BINGO will continue to be an option. Join Zoom Meeting <https://us02web.zoom.us/j/84901402570>

Exercise classes will resume in person Monday, March 1st in Steamboat Springs and Monday, March 8th in South Routt. ZOOM classes will continue to be an option.

Join Zoom Meeting <https://us02web.zoom.us/j/84036687057>

For information on current Routt County statistics, vaccination questions or other COVID-19 information visit <https://www.covid19routtcounty.com/>



Wishing our Hayden shuttle driver, Chuck Girton lots of love and happiness in your move to Tennessee! Thank you so much for many years of service to RCCOA!

We Will Miss You!!



Let's Get Out of Town!!

Shopping and Lunch in Craig, CO

Wed., March 24th 9:30 am - 4:30 pm

Join us for shopping and lunch. Space is limited. Face masks required. Suggested donation of \$5 for those 60 and better. Lunch is not included. Please RSVP to Ellyn at least 48 hours in advance 970-879-0633.



Dine Out On An Angel— Thanks to an anonymous donor we are able to partner with local restaurants and provide meal vouchers to Routt County seniors to dine out. YUM YUM!!

During the month of March we invite you to dine in 1 of 3 locations across Routt County; Johnny B Good's Diner, Penny's Diner or Sunny Side Grill. A limited number of meals are available at each location. Contact April at 970.879.0633 xt 5 to receive a Dining Out Meal Voucher.

Thank you so, so much to this donor for supporting Routt County seniors and local restaurants!!



Daylight Saving time change
Sunday, March 14th

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.

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



Your next activity bag will be available in April.

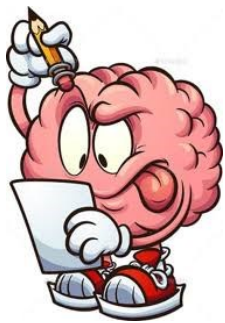


A bird feeder, a sun catcher, more trivia and word puzzles... Please let April know by phone 970.879.0633 or email april@rccoaging.org if you would like to receive a spring activity bag.

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

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.



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

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

St. Patrick's Day

Find and circle all of the words that are hidden in the grid. The remaining 34 letters spell a secret message.

BEER
 BELFAST
 BISHOP
 CABBAGE
 CELEBRATION
 CELTIC CROSS
 CHRISTIAN
 CLOVER
 CORK
 CORNED BEEF
 DANCING
 DUBLIN
 EVENTS
 FEAST DAY
 FESTIVAL
 GREEN
 GUINNESS
 HERITAGE
 HISTORY
 HOLIDAY
 HOLY DAY
 IRELAND
 IRISH
 LEPRECHAUN

LIMERICK
 MARCH
 MISSIONARY
 MUSIC
 PARADE
 PATRON SAINT
 POTATOES
 SEVENTEENTH
 SHAMROCK
 SNAKES
 SODA BREAD
 TRADITION
 YEARLY



Adult Protective Services Role, Responsibilities, and Limitations

Are you concerned about mistreatment or self neglect of someone you know? Some of the conditions that may make an adult at-risk of mistreatment or self-neglect include dementia, Alzheimer's disease, developmental disabilities, severe physical disabilities, or serious medical conditions.



APS' response depends on the allegations and the condition of the at-risk adult. When APS responds to a report, the first step is to interview the at-risk adult and determine if the mistreatment or self-neglect is actually happening.

Next, APS tries to find out if the adult has the ability to make responsible decisions and if they understand the consequences of their decisions. The ability to understand and communicate responsible decisions is referred to as "decisional, mental, or cognitive capacity." Adults with capacity have all the same rights as any other adult no matter what their condition or disability might be. Adults with capacity have the right to refuse or accept some or all of the help APS offers. The right to accept or refuse services is known as "Consent." APS must get the consent of an at-risk adult who has capacity in order to provide protective services.

Regardless of the at-risk adult's capacity or the allegations, APS caseworkers are always guided by three principles: 1) confidentiality, 2) self-determination, and 3) the least restrictive intervention. APS caseworkers are required by the APS statute to keep any and all information about a report and client confidential. Self-determination is an adult's right to make their own decisions and to choose their own course of action. Finally, the principle of least restrictive intervention means that APS caseworkers try to provide the minimum amount of services necessary to stop or prevent the mistreatment and self-neglect.

Remember, if you suspect mistreatment or self-neglect, it's okay to speak up. You should immediately report the situation to the Child Abuse and Neglect Statewide Hotline by calling 1-844-264-5437. The statewide hotline takes all APS reports for Routt County.

All reports are confidential and may be made anonymously. However, it is helpful to APS if you provide your contact information so APS can contact you if needed. If you have any questions about reporting to APS, call Routt County Department of Human Services 970-870-5533.

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



Thank You Donors!

Donations Received January 2021

Julie Alkema
Borden Endowment Fund of the Yampa
Valley Community Foundation
City of Steamboat Springs
Marda Frazer
Selina Koler
Scott and Cindy MacGray
Kenneth Manley
Jim McGee

Neko Enterprises, LLC
Network for Good in honor of Jim McGee
Robby Robinson
Holly Rogers
Routt County
Town of Oak Creek
Andrew and Sandra Wu

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

Ethelyn Foreman in memory of family
Lisa Condon in memory of Sid Hopkins



March For Meals Showcases Senior Resources

About March for Meals

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America, to raise awareness of senior hunger and to encourage action on the part of local communities. Hundreds of Senior Nutrition Programs across the United States, like Routt County Council on Aging, promote March for Meals through partnerships with local businesses, volunteer recruitment, newspaper and social media promotion, and fundraising initiatives.

**Join Us in Our Fourth
Annual "Senior March"
at the Steamboat Springs
Historic Courthouse!
522 Lincoln Ave.,
Steamboat Springs, CO
Friday, March 12th at 11:30**



DELIVERING SO MUCH MORE THAN JUST A MEAL



UNITED STATES 2020

THE OLDER AMERICANS ACT NUTRITION PROGRAM IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS

Community-based senior nutrition programs are welcomed into the homes of our nation's seniors with every meal delivery. Many Meals on Wheels programs also manage congregate nutrition sites – such as senior centers – which provide more mobile seniors the opportunity to socialize.



Millions of volunteers enable **221 MILLION MEALS** to be delivered to **2.4 MILLION SENIORS** each year

Nutrition program participants:	Home-delivered	Congregate
Are 75 or older	62%	53%
Are women	64%	65%
Live alone	58%	51%
Are veterans	15%	12%
Live in rural areas	32%	34%
Self-report fair or poor health	50%	28%
Take 3+ medications daily	87%	68%
Do not have enough money to buy food	33%	17%
Report 3+ medical conditions	90%	85%
Are Black or African American	19%	12%
Are Hispanic or Latino	7%	11%
Are Native American or Hawaiian/Pacific Islander	5%	3%

FREQUENT IN-HOME VISITS PROVIDE UNIQUE OPPORTUNITIES TO MEET NUTRITIONAL NEEDS, COMBAT SOCIAL ISOLATION, ADDRESS SAFETY HAZARDS AND PROVIDE HOLISTIC CARE



Daily home-delivered meals help keep **8 OUT OF 10 RECIPIENTS** who have previously fallen from falling again

A typical meal meets the dietary guidelines set by the Older Americans Act Nutrition Program. Meals are often tailored to meet medical needs and cultural preferences.

2 OUT OF 3 RECIPIENTS report the meals make up half or more of all food eaten that day

8 OUT OF 10 RECIPIENTS say they see their friends more often because of the congregate meals



58% of home-delivered meal recipients live alone, and for many of them, **the person delivering the meal is often the only person they will see that day**

MEALS ON WHEELS PROVIDES A COST-EFFECTIVE SOLUTION THAT SERVES US ALL

9 OUT OF 10 RECIPIENTS say Meals on Wheels received at home improves their health



MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR ABOUT THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME

Information data sources available at www.mealsonwheelsamerica.org/facts. © September 2020 Meals on Wheels America

Tax time creates a new season of giving to support Routt County seniors!

ReFund CO allows you to use your state income tax return to make a big difference in your community. If you're due a state income tax refund, this program gives you the opportunity to use some or all of it to directly support Routt County Council on Aging.

This program, promoted through the ReFUND CO awareness initiative, lets you choose where your donation goes. All you have to do is:

- Decide how much of your state income tax refund to donate (all or a portion of it).
- Enter Routt County Council on Aging and our registration number 20033003324 in the Donate to a Colorado Nonprofit Fund line on your state tax return or tax software – or just give this info to your tax preparer when you share your tax documents.

You can learn more details about the program at RefundWhatMatters.org.



Help shape local services for older adults – complete a short survey coming soon!

RCCOA is proud to be a part of the Aging Services Coalition of Northwest Colorado. We need your input! As a member of the coalition we invite you to share your feedback on local services for older adults by filling out a short survey. Your responses will ensure that we can continue to identify areas for improvement for older adults in our community, and that your needs are being met. The survey will be coming out in March and will be available online through RCCOA's website, and paper copies as well.



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

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 will resume March 1st!! The recommended donation for meals is \$3.00 for those 60 and better. Space is limited. Face coverings are required. Reservations required 24 hours in advance 970.879.0633. Meals are served on the days listed above.

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 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 Pork Ribs Onion Rings Mixed Vegetable Wheat Roll Tossed Salad Chocolate Chip Cookie	2 Chicken Pot Pie Corn Tossed Salad Orange Cheesecake	3 Chicken Pot Pie Corn Tossed Salad Orange Cheesecake	4 Lamb Burger Gnocchi Spinach Salad Cucumber Tomato Salad Cookie	5 Salmon Pattie Rice Mixed Veggies Wheat Roll Tossed Salad Raisin Nut Cake
8 Cream of Mushroom Soup & Crackers Egg Salad Sandwich Cucumber Salad Orange Trail Mix Cookie	9 Fried Chicken Mashed Potatoes with gravy Mixed Vegetables Bran Muffin Tossed Salad Yogurt w/Apples	10 Fried Chicken Mashed Potatoes with gravy Mixed Vegetables Bran Muffin Tossed Salad Yogurt w/Apples	11 Beef Ribs Dirty Rice Green Beans Slaw Banana Pudding	12 Pizza Salad Garbanzo Beans Peanut Butter Bars
15 Italian Sausage Lasagna Peas Garlic Bread Chopped Italian Salad Apple Orange Yogurt w/Granola	16 Corned Beef & Cabbage Potatoes & Carrots Rye Roll Tossed Salad Chocolate Cake	17 Corned Beef & Cabbage Potatoes & Carrots Rye Roll Tossed Salad Chocolate Cake	18 Chicken & Dumplings Crackers Beets Tossed Salad Orange Oatmeal Raisin Cookie	19 Tuna Wrap Tomato Soup Crackers Deviled Eggs Ambrosia Salad
22 Pesto Pasta Zucchini & Mushroom Medley Garlic Bread Tossed Salad Apple Pie	23 Rueben Sauerkraut Peas Waldorf Salad Cheesecake	24 Rueben Sauerkraut Peas Waldorf Salad Cheesecake	25 Pork Cutlet Cauliflower & Broccoli Kidney Beans Wheat Roll Tossed Salad Oatmeal Cookie	26 Sesame Chicken Fried Rice Egg Roll Asian Broccoli Salad Pears Carrot Cake
29 Pork Green Chili Corn Wheat Tortilla Salad Oatmeal Raisin Cookie	30 BBQ Bacon Cheeseburger Onion Rings Carrots Tossed Salad Cupcake	31 BBQ Bacon Cheeseburger Onion Rings Carrots Tossed Salad Cupcake	1 Baked Chicken Mac-n-Cheese Stewed Tomatoes Roll Spinach Salad Orange Rice Crispy Bar	2 Cajun Catfish Yams Hush Puppies Apple Cranberry Slaw Yellow Cake

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