

April SENIOR SCOOP

News and Views from the Council on Aging

April 2021

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Well, it is finally and truly Spring! We have our first crocus flower pushing through the leaves that have been compressed by all of the snow all winter; and the first real incontrovertible sign of spring, a big pile of fresh bear scat on the driveway the other morning. Snow is melting and although the pack has been thin this year and we won't see as lush a summer as some years, I'm still ready. I know it'll still snow for a couple of months, but hey..."It's Spring!"

We are planting seeds in trays and setting them outside when the weather permits. Flowers are big at our house and we try to grow as many as possible. We're planting some vegetables this year as well. I love homegrown tomatoes and garlic.

We are planning to go up the gondola next week just to have lunch and look at the view. We are also planning to drive down to Dinosaur National Monument and spend a day or two down in Echo Park. It's one of those unique places that is not too far away and is beautiful and peaceful.

Enjoy the spring and the summer to come. Join us for lunch at one of our dining sites.



Jim McGee
RCCOA Board
President



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

Let's discover something new in Craig!!

A Museum, a Park, Shopping, Lunch Wed., April 28th 9:30 am - 4:30 pm

Let's explore one of the museums or walk around a park. If you prefer shopping, you can do that too. Space is limited. Face masks required.

Suggested donation of \$5 for those 60 and better. Please RSVP to Ellyn at least 48 hours in advance
970-879-0633.



Tea and Talk Social –April 22nd

Join us in a small group gathering April 22nd at 12:30 pm for facilitated discussion and refreshments at the Steamboat Springs Community Center.

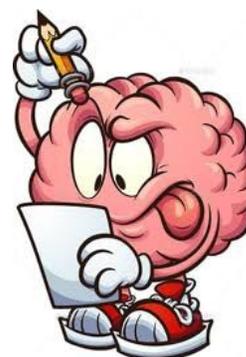


What moment in history do you most vividly remember? What are you most proud of and why? What did you learn in your career that you wish you would have known earlier? These are just some examples of discussion questions.

Genuinely listening to someone is an act of kindness. Ask someone to share their story with you, and the conversation will be a gift to you both.

Keeping the mind active and engaged prevents boredom and helps keep the brain healthier. Complete and submit this puzzle or the word search for a free RCCOA lunch card.

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



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.

Songs from the 70's



Find and circle all of these songs from the 1970's that are hidden in the grid. The remaining letters will spell the names of ten music groups from the 70's.

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

AFTERNOON DELIGHT
 AMERICAN PIE
 AMERICAN WOMAN
 ANNIE'S SONG
 BAD GIRLS
 BARRACUDA
 BOHEMIAN RHAPSODY
 BROTHER LOUIE
 CRAZY ON YOU
 DELTA DAWN
 DON'T STOP
 DREAM ON
 DREAM WEAVER
 DRIFT AWAY

EBONY EYES
 FIRE AND RAIN
 HELP ME
 IMAGINE
 LAST DANCE
 LET IT BE
 LOVE HURTS
 LOW RIDER
 MAGIC MAN
 MAIN STREET
 MARGARITAVILLE
 MY LOVE
 MY SHARONA
 NIGHT FEVER
 PHOTOGRAPH

PIANO MAN
 REUNITED
 ROSE GARDEN
 SHADOW DANCING
 SHE'S GONE
 SIGNS
 SOUTHERN NIGHTS
 SUMMER NIGHTS
 SUNDOWN
 SUPERSTAR
 THE GAMBLER
 WITHOUT YOU
 WOODSTOCK
 Y.M.C.A.
 YOU'RE SIXTEEN

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 April we invite you to dine in 1 of 3 locations across Routt County; Sharon's, 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!!



The Alzheimer's Association of Colorado is currently seeking volunteers in the Yampa Valley for 2 volunteer positions- Support Group Facilitator and Community Educator. Please consider joining our passionate and inspired team of volunteers. If you, or someone you know, has a passion for the fight against dementia, by either supporting caregivers on their caregiving journey or providing community education please contact Angel Hoffman at 970-387-6067

or email alhoffman@alz.org



ROUTT COUNTY EMERGENCY NOTIFICATION SYSTEM-

If you haven't already done so, please sign up for the Routt County Emergency Notification System. This can be done online at www.co.routt.us/communications. You can then go to the link to sign up. If you do not have internet access you can call Karrie Littman at 970-870-5532 to sign up. These alerts will notify you for such things as poor air quality, dangerous weather or any emergency.

There are still a few spring activity bags available.



A bird feeder, a sun catcher, 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, limited quantities available.

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.

Thank You Donors!

Donations Received February 2021

Julie Alkema	Karen Krass
Amazon Smile	Kroger
Rhoda Barr	Jim McGee
Molly Baker	Laura Miller
City of Steamboat Springs	John and Sara Redmond
Patricia Froening	Routt County
MaryAnn Holliman	Leonarda VanDerWerf
Selina Koler	



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

Jay and Susan Clappers in memory of Bob Marko

Vi Look in memory of Dean Look

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
Tia Sabin
Tosia Sauter
Dennis Scofield
Rgina Scofield
Cat Schaffrick
Don Sperry

Chris Stillwell
Tom Swissler
Stone Soup Kitchen
Nancy Trimmer
Meg Tully
Rebecca Wattles
Angi Wood
Nancy Zimmerman
Annette Zuber



AGING WELL

APRIL 2021

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:
Please call 970-871-7676 to make an appointment with a Foot Care Nurse.

northwestcoloradohealth.org/agingwell | 970-871-7676

How to Protect Against Age-Related Muscle Loss

Here's what you can do to prevent age-related muscle loss, a shockingly common issue linked to low energy, higher fall risk, and more.

Many people fear losing their cognitive ability as they age. Others focus on preserving bone and joint health. They'll take steps to support their brain, bones, and joints, even though only a small percentage of people will ever experience problems in those areas. But most people ignore a looming issue that's as serious, or more serious, and that affects everyone over age 50: age-related muscle loss. Alarmingly, if you don't do something about losing muscle mass, it could ultimately lead to losing your physical independence and quality of life.

Muscle loss is a part of the aging process that many doctors don't discuss during your annual physical. Everyone's body gradually becomes less efficient at replenishing muscle tissue. If you're weakened by diminished muscle mass, you may find it harder to get out of a chair, walk the dog, or carry in groceries. You may feel more fatigued. Muscle loss also increases your risk of falls and fractures. I'm in the fourth quarter of life myself and working diligently to maintain my own muscle mass—and I'm a veteran of 72 triathlons and eight Ironman triathlons. Thankfully, muscle mass is super easy to measure, so you can forecast where you're headed.

How's Your Grip?

Few people realize their grip strength doesn't just measure the strength of their hands. It's also an excellent indicator of their muscle health and is correlated with their longevity. For example, some studies have found that strong grip strength correlates with lower risk of cardiovascular disease. You can buy an inexpensive grip strength dynamometer for about \$20 that will give you a baseline. This simple device is growing in importance as a diagnostic tool.

There are plenty of septuagenarians and even octogenarians who, like myself, are doing the right things to support their overall wellness. Here are 3 steps to follow:

1. **Be more mindful of your diet:** A poor diet can contribute to the deterioration of your body, including your brain. When you eat a fast-food burger infused with antibiotics and hormones, washed down with a bottle of phosphoric acid and 12 teaspoons of sugar in your soda, it will create inflammation in your body. That is a common cause of many chronic diseases.
2. **Take HMB and vitamin D3:** Most people think that if they just consume enough protein, their muscles will be fine. But as we age, we can't process protein as well as we once did. Adding HMB plus vitamin D3 to your daily protein intake will improve your muscle health. HMB is naturally produced by the body to help break down leucine, an amino acid involved in protein assimilation. Small amounts are found in certain foods too, including avocado, grapefruit, cauliflower, and catfish. Nothing else helps to stop muscle loss and increase muscle mass as well as HMB (in supplement form), which is incredibly unique because it stimulates the body to make protein and also decreases protein breakdown. Look for supplements that contain both HMB and Vitamin D3 because results of a year-long study involving healthy adults over age 60 found this specific combination significantly improved muscle function in older adults, even without exercise. The study, supported by the National Institutes of Health, also found that HMB plus D3 helped people feel more energetic. So, you might be more inclined to exercise.
3. **Sit less, move more:** Many people stop exercising because they get older; what they don't realize is that they get older because they stop exercising. If you don't use it, you do lose it to some extent. While exercise is important for everyone, it is especially crucial for older adults to improve cognitive function while increasing muscle mass and strength.

It's a simple fact: everything that you do in your life involves your muscles in some way. And allowing them to gradually diminish over time jeopardizes your ability to live life on your own terms. So taking better care of your muscle health now may help you age better overall.

<https://www.betternutrition.com/aging>

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 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



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 have resumed!! 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
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
5 Chicken Strips Sweet Potato Fries Mixed Vegetables Pasta Salad Banana Cheesecake	6 Ham Scalloped Potatoes Green Beans Roll Carrot Salad Orange Chocolate Cake	7 Ham Scalloped Potatoes Green Beans Roll Carrot Salad Orange Chocolate Cake	8 Lentil & Black Bean Soup Corn Bread Tossed Salad Mixed Fruit Pie	9 Flank Steak Roasted Potatoes Green Beans Biscuit Tossed Salad Key Lime Pie
12 Broccoli Cheese Soup Ham Salad Sandwich Cucumber & Tomato Salad Crackers Strawberries & Cream	13 Chicken Cordon Blue Rice Pilaf Asparagus French Bread Tossed Salad Orange Lemon Bar	14 Chicken Cordon Blue Rice Pilaf Asparagus French Bread Tossed Salad Orange Lemon Bar	15 Venison Meatballs Pasta Peas Garlic Bread Spinach Salad Grapes Chocolate Peanut Butter Cookie	16 Shrimp & Grits Squash Biscuit Fruity Green Salad Chocolate Cream Pie
19 Black Bean Burger Zucchini Peas Fruit Chocolate Chip Cookie	20 Pork Loin Scalloped Potatoes Cauliflower Wheat Roll Spinach Salad German Chocolate Cake	21 Pork Loin Scalloped Potatoes Cauliflower Wheat Roll Spinach Salad German Chocolate Cake	22 Chicken Casserole Sweet Potatoes Mixed Vegetables Rye Bread Tossed Salad Oranges Banana Cream Pie	23 Beef Tips Mashed Potatoes Spinach Wheat Roll Green Salad Apple Brownie
26 Breaded Pork Chop Baked Apples Green Beans Tossed Salad Orange German Chocolate	27 Trout Almandine Wild Rice Zucchini & Tomato Cornbread Slaw Fruit Cobbler	28 Meat Loaf Mashed Potatoes Gravy Green Beans Wheat Roll Tossed Salad Apple Pie	29 Meat Loaf Mashed Potatoes Gravy Green Beans Wheat Roll Tossed Salad Apple Pie	30 Teriyaki Chicken Brown Rice Asian Vegetables Egg Roll Asian Salad Nectarine Brownie

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