

June SENIOR SCOOP

News and Views from the Council on Aging

June 2021

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ROUTT COUNTY
COUNCIL ON AGING

As I remember, the old saying about high water on the Yampa River says something like “When the large dry spot on the left side and the right side of the Storm Peak face join together...that’s high water on the Yampa”. As I drove through town yesterday I looked at the mountain and those two spots were coming together.

Another sign of spring is increased bear activity. A few days ago we had several visits from a bear that was searching for easy food. The first time he came up on the deck and trashed our bird feeder. A few hours later he returned and got the hummingbird feeder. Then the last time he came back to see what he had missed and climbed up on the satellite dish to lick off the sugar water that fell on the dish when he bit into the feeder. That of course caused the dish to move which means we’ll have to get the dish reset. Ahhh Spring!

On the positive side, I never get tired of the beautiful and bright spring green colors. All over the valley starting with some of the smaller shrubs, then the aspen trees, willows, cottonwoods, and the oaks. Enjoy the spring and summer!

Warmly,

Jim McGee, RCCOA Board President



Bear on my deck posing for photo!

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April Sigman
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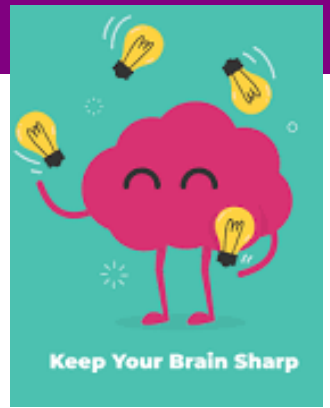
Rebecca Wattles
Hayden Assistant

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.

June is Alzheimer's and Brain Awareness Month!

Everyone who has a brain is at risk of developing Alzheimer's disease (AD). Worldwide, 50 million people are living with Alzheimer's and other dementias. Join the Alzheimer's Association in going purple and raising awareness this June. The more people know about Alzheimer's, the more action we inspire.



Alzheimer's disease and related forms of dementia are reaching worldwide epidemic proportions. There are currently 47 million people worldwide living with Alzheimer's or another form of dementia. If no cure is found, that number is expected to grow to 76 million by 2030. In the United States alone, there are 5.7 million people living with Alzheimer's. It's the 6th leading cause of the death and is the only cause among the top 10 that cannot be prevented, cured, or slowed.

To raise awareness and funds to fight this growing epidemic, The Alzheimer's Association has declared June to be Alzheimer's & Brain Awareness Month, a month set aside to raise awareness for diseases that affect the brain.

The color purple has been chosen to help raise Alzheimer's awareness as The Alzheimer's Association encourages people to "Go Purple with a Purpose" throughout the month. The height of these efforts takes place on the longest day of the year, the summer solstice on June 21, 2018. Saying, "The day with the most light is the day we fight," The Alzheimer's Association encourages individuals, communities, and corporations alike, to join together, and raise awareness on The Longest Day.

RCCOA will provide purple ribbons to wear this month, and especially June 21st to show support and raise awareness of brain health and Alzheimer's disease.

10 WAYS TO LOVE YOUR BRAIN -Start Now.

It's never too late or too early to incorporate healthy habits.

1– Hit the books: Take a class at a community college, community center or online.



2– Break a sweat: Studies have shown that physical activity reduces risk of cognitive decline.

3– Stump yourself: Challenge your mind, play games of strategy, build something or create something.



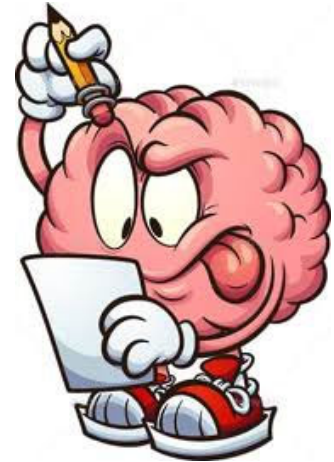
4– Buddy up: Staying socially engaged supports brain health.

5– Take care of your mental health: Some studies link depression with cognitive decline, seek treatment for depression, anxiety or stress.

Cont. on page 3

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

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

10 WAYS TO LOVE YOUR BRAIN -cont. from pg. 2

6– Catch some zzz’s: Not getting enough sleep may result in problems with memory and thinking.



7– Fuel up right: Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

8– Heads up: Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt in a vehicle and use a helmet when riding a bike.

9– Follow your heart: Risk factors for cardiovascular disease and stroke negatively impact your cognitive health.

10– Butt Out: Smoking increases risk of cognitive decline.

Visit alz.org/10ways to learn more.

AGING WELL

JUNE 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

Tai Chi
Tuesdays, 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***

Steamboat Springs Community Center
11:30 am - 12:30 pm
3rd Tuesday of the month

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

Thank You Donors!

Donations Received April 2021

Julie Alkema	Scott and Cindy MacGray	Steamboat Sotheby's
Michael and Jennifer Berdine	Jim McGee	International Realty Community
Bridge Players Benevolent Fund	Morgridge Family Foundation	Fund of the Yampa Valley
Sarah Classen	Mountain Tap Brewery	Community Foundation
City of Steamboat Springs	Ellyn Myller	Gard Robinson
Dana Connelly	Irene Nelson	Rozanne Steinhoff
Natalie Cowan	Phippsburg Community Club	Tai Chi group
Thomas and Annette Demay	Jean Ray	Gwen Tudor
George Detwiler	Bud and Jane Romberg	Leonarda Vanderwerf
Ralph Farrington	Routt County	Rebecca Wattles
Patricia Froening	Andrea Schaffner	
Selina Koler	Victor Serafy	
Jean and David Levine	Pegi Simmerman	



A Special Thank You to All of our Volunteers

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

Julie Alkema	Jay Layman	Cat Schaffrick
Joanna Allison	Susie Lee	Don Sperry
Mike Berdine	Jean Levine	Rozanne Steinhoff
Ben Blonder	Julie Lind	Chris Stillwell
Lindsey Blonder	Jim Lob	Tom Swissler
Sharon Bozarth	Ann Mitchell	Stone Soup Kitchen
Ashley Demos	Scott Mitchell	Nancy Trimmer
George Detwiler	Nancy Mucklow	Meg Tully
Tracie Detwiler	Scott Myller	Rebecca Wattles
Dan Emert	Sandi Poltorak	Angi Wood
Jane Hannon	Angie Robinson	Nancy Zimmerman
Beth Kuczkowski	Tosia Sauter	Annette Zuber
Lisa Lancaster	Dennis Scofield	
Margie Layman	Regina Scofield	





GARDENING

Find and circle all of the words that are hidden in the grid.
The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS
BEANS
BEETS
BIENNIAL
BROCCOLI
CARROTS
COMPOST
CULTIVATE
DAISIES
DIGGING
FERTILIZER
FLOWERS
FUCHSIA
GARDEN
GERANIUMS
GLOVES
GNOME
GREENHOUSE
GROW
HOES
HORTICULTURE
HOSE
HYDRANGEA
LILACS
LILIES
MARIGOLDS

ORGANIC
PEAS
PERENNIAL
PETUNIAS
PINWHEEL
PITCH FORK
PLANTING
RAIN
RAKE
RELAXING
ROSES
ROWS
SEEDS
SHOVEL
SOIL
SPADE
SUNSHINE
TOMATOES
TROWEL
TULIPS
VEGETABLES
WATER
WEEDS
WHEELBARROW



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

Hayden: T, Th

Oak Creek: M, W, F

North Routt: Tuesday (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. 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 meal sites and activities, medical appointments, shopping or other errands. Reservations are required 48 hours in advance. Contact Ellyn for information or a reservation. 970.879.0633 xt. 4

Grocery Shopping

Need a ride to the grocery store? Call us 24 hours in advance to request a reservation or 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, new O2 tubing and miscellaneous other supplies available to borrow for FREE. Call for information or to pick up. 970.879.0633.



Bingo and Bridge

Join us for Bingo Fri. at 12:30 in Steamboat Springs, Mon. Wed. Fri. in Oak Creek. 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>

Bridge will resume in person at the Steamboat Community Center. Call Sharon Smith for more information, 970-870-0298 or email bridgeinsteamboat@gmail.com

Events and Activities... more on page 9.

Let's get out and walk! Two different destinations this month...

Fish Creek Falls, a roaring 284 foot waterfall.



Thurs., June 3rd 12:30pm - 2:30pm

What's Blooming at the **Botanic Garden!**

Mon., June 14th
12:30pm - 2:30pm



Meet us there or ride with us after lunch. Space on the shuttle bus is limited. Please RSVP for a ride at least 24 hours in advance 970-879-0633

We're going to **Dinosaur National Monument!**

Wed., June 9th
9:00am - 5:00pm
\$10 fee includes transportation, picnic lunch, and exhibit hall entry.



The Quarry Exhibit Hall allows visitors to view the wall of approximately 1,500 dinosaur bones.

RCCOA will provide a picnic lunch, then tour the exhibit hall. Plan for a 2 hour drive each way. **Space is limited and reservations required.**

970-879-0633 xt. 4

Movie and Popcorn!

Enola Holmes

The teenage sister of the already-famous Sherlock Holmes, travels to London to find her missing mother but ends up on a thrilling adventure, pairing up with a runaway lord as they attempt to solve a mystery that threatens the entire country.



Tues., June 8th, 12:30
Steamboat Community Center

All Aboard the Georgetown Loop Railroad!

Save the date...

Wed., July 14th 8:30 am - 5:30pm
\$30 fee includes transportation, picnic lunch and train ride.

Plan for a 2 hour drive each way. **Space is limited and reservations required.**





970-879-0633 xt. 4



Save the dates... RCCOA 4th Annual Rummage Sale, July 30th & 31st

JUNE EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 MEMORIAL DAY ALL SITES CLOSED	1	2 Bingo –S.R. 12:30	3 Fish Creek Falls Walk 12:30 	4 Bingo –Stmbt 12:30
7	8 Movie and Popcorn – Stmbt 12:30 	9 Dinosaur National Monument Bingo –S.R. 12:30	10	11 Bingo –Stmbt 12:30
14 Botanic Garden Walk 12:30	15	16 Bingo –S.R. 12:30	17 Tea and Talk Social- Stmbt 12:30 	18 Bingo –Stmbt 12:30
21  “The Longest Day” - Alzheimer’s and Brain Health Awareness	22	23 Bingo –S.R. 12:30	24 Get Crafty with Chris Serafin– Stmbt 12:30 	25 Bingo –Stmbt 12:30
28 Senior Wellness Nurse –S.R. 10:30	29 “Healthy Living for your Brain and Body” –Angel Hoffman, Stmbt 12:30	30 Shuttle to Craig Bingo –S.R. 12:30	1	2 Bingo –Stmbt 12:30

Summer activity bags...if you would like a summer activity bag, please let April know by June 18th. They will include more brain games, a 4th of July craft and more. Great for brain health!! 😊

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 MEMORIAL DAY ALL SITES CLOSED	1 Sloppy Joe French Fries Cauliflower & Broccoli Tossed Salad Ice-cream Sandwich	2 Ribs Sweet Potatoes Roll Slaw Brownie	3 Ribs Sweet Potatoes Roll Slaw Brownie	4 Teriyaki Chicken Brown Rice Stir Fry Veggies Egg Roll Asian Salad Champagne Salad
7 Baked Mac-n-Cheese Asparagus Garlic Bread Tossed Salad Chocolate Covered Banana	8 Oven Fried Chicken Mashed Potatoes Corn Roll Tossed Salad Orange Oreo Parfait	9 Oven Fried Chicken Mashed Potatoes Corn Roll Tossed Salad Orange Oreo Parfait	10 Beef Fajita Rice Corn Tossed Salad Banana Cookie	11 Pizza Tossed Salad w/Garbanzo Beans & Craisins Peanut Butter Bars
14 Chicken Chow Mein Brown Rice Egg Roll Asian Salad Cottage Cheese w/ Pineapple	15 Crab Patties Rice Hush Puppies Salad Orange Strawberries & Cream	16 Crab Patties Rice Hush Puppies Salad Orange Strawberries & Cream	17 Beef Stroganoff Asparagus Garlic Bread Caesar Salad Chocolate Mousse	18 Breakfast Burrito Cheesy Grits Tomato Slices Apple Fruit Parfait
21 Cheeseburger Sweet Potatoes Onion Ring Coleslaw Orange Apple Crumble	22 Southern Style Pork Chops Mashed Potatoes Brussel Sprouts Apple Sauce Roll Cherry Pie	23 Southern Style Pork Chops Mashed Potatoes Brussel Sprouts Apple Sauce Roll Cherry Pie	24 Chicken Noodle Casserole Peas Roll Cranberry Spinach Salad Apple Cookie	25 Spinach Quiche Tossed Salad w/ sunflower seeds Blueberry Muffin Chocolate Pudding
28 Summer Vegetable Soup Almond Chicken Salad Crackers Cantaloupe Apple Turnover	29 Ham & Broccoli Casserole Corn Garlic Bread Tossed Salad Cookie	30 Coconut Shrimp Rice Green Beans Green Salad Lemon Cream Pie	1 Coconut Shrimp Rice Green Beans Green Salad Lemon Cream Pie	2 Reuben Peas Waldorf Salad Orange Cheesecake

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