

May **SENIOR SCOOP**

News and Views from the Council on Aging

May 2021

Board of Directors

Jim McGee

President

Julie Alkema

Secretary

Dean Vogelaar

Treasurer

Cindy Balin

George Detwiler

Mary Kay Graver

Becky Hammond

Jean Levine

Julie Lind

Chris Stillwell

Cheryl Trank

Nancy Westphale

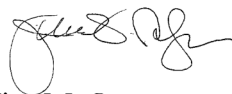
Spring is my favorite season. I enjoy them all; but the winter tends to wear on me a bit as I get older. Seeing the snow melt, the grass turn green and the trees budding out makes me happy. Went up to Fish Creek Falls a couple of weeks ago and the snow was melting and the water coming up. We made the trip out to Echo Park in Dinosaur National Monument last week and it is magnificent as always. The water in the rivers is low; but it will rise quickly as the snow melts. Warm, dry and uncrowded.

We're planning a road trip in June. I have a granddaughter who is getting married in northern California and then a grandson is graduating high school in Minnesota just a couple of days later. Could fly I suppose; but in a lot of ways, driving is more fun. Plus, we're going to try to avoid the interstate highways so there will be a bit of a challenge there.

We try to stay in Steamboat as much as possible through the summer. It's beautiful and very pleasant and a great place to live. Whenever I bring up the possibility of taking a trip I am told that the flowers need watering and I have about fifteen projects on my workbench which need to be completed. Plus, I have a fishing rod that needs to be used.

I hope you are enjoying this spring and looking forward to some summer projects.

Warmly,



Jim McGee
RCCOA Board President



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

James Graham

Steamboat Driver

Michael Kenney

Hayden Driver

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.

Events and Activities...

Shopping and Lunch in Craig!

Wed., May 26th 9:30 am - 4:30 pm



Do you know what Craig has to offer? The Dollar Store, Super Walmart,

Murdoch's, Kitchen ala Mode, great thrift store finds, Village Inn, Vallarta's, Carelli's...

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.



CSU Extension is dedicated to serving current and future needs of Coloradans by providing educational information and programs that safeguard health, increase livelihood, and enhance well being.

Learn from the CSU extension office Master Gardener program.

Steamboat Community Center, 12:30, May 25th

Oak Creek Community Center, 12:30, May 26th

Movie and Popcorn!! *Ma Rainey's Black Bottom*



Based on a true story of an influential blues singer in Chicago in the 1920s.

5 Oscar nominations and winner of 2 academy awards.



**12:30 Tues., May 11th
Steamboat Community Center**

It's Time to Plant the Gardens at the Steamboat Community Center!



We want your help in planting and maintaining the gardens.

Soil, seeds and other supplies will be on hand. The fruits of our labor are served throughout the summer in your lunch.

**1:00 Thurs., May 6th
Steamboat Community Center**

Save the date... Wed., June 9th - Dinosaur National Monument

Spring

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



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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET

Thinking of YOU

Memorial Day - Monday, May 31st



MOTHERS WHO
HAVE LOST
CHILDREN



THOSE WHO HAVE
LOST MOTHERS



THOSE WITH
STRAINED MOTHER
RELATIONSHIPS



MOTHERS WITH
STRAINED CHILD
RELATIONSHIPS



THOSE WHO HAVE
CHOSEN NOT TO BE
MOTHERS



THOSE YEARNING
TO BE MOTHERS

All Sites
Closed

Frozen meals are
available upon
request prior to
the holiday.
weekend.

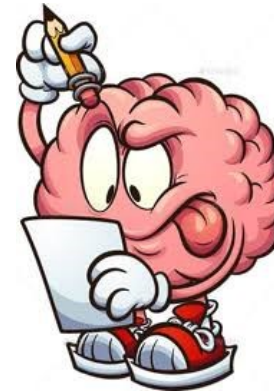
Sunday, May 9th

**Wishing all Moms a
Happy Mother's Day.**



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.

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



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.

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

alzheimer's 
association®

Thank You Donors!

Donations Received March 2021

Julie Alkema	Harv Holtzman	Routt County
Charlotte Allen	Selina Koler	Gene Sanders
John Armiger	Jan Levy	Hank Schaffer
Michael and Janet Arroyo	Julie Lind	Diana Schoen
Margaret Berglund	Jim McGee	Susan Shoemaker
Bridge Players Benevolent Fund	Michael Murphy	Pegi Simmerman
City of Steamboat Springs	Irene Nelson	Dona Steele
Melvin and Grace Compestine	Network for Good	Rozanne Steinhoff
Natalie Cowan	Barbara O'Connor	Barbara Sullivan
Jim and Barbara Ficke	Molly and Louis Raphael	Michelle Thomas
Patrick Gainey	Dave Reid	Marian Tolles
Pauline Graham	Gardner Robinson	Leonarda VanDerWerf
HLCC Construction Company	Ann Root	Catherine Vanderwork



A Special Thank You to All of our Volunteers

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

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



AGING WELL

MAY 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***

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

Magnesium is the fourth most abundant mineral in the human body. It plays several important roles in the health of your body and brain. However, you may not be getting enough of it, even if you eat a healthy diet.

Magnesium is a mineral found in the earth, sea, plants, animals and humans. Every cell in your body contains it and needs it to function. In fact, it's involved in more than 600 reactions in your body, including:

Energy creation: Helps convert food into energy.

Protein formation: Helps create new proteins from amino acids.

Gene maintenance: Helps create and repair DNA and RNA.

Muscle movements: Is part of the contraction and relaxation of muscles.

Nervous system regulation: Helps regulate neurotransmitters, which send messages throughout your brain and nervous system.

Unfortunately, studies suggest that about 50% of people in the US get less than the recommended daily amount of magnesium. Magnesium is absolutely essential for good health. The recommended daily intake is 400–420 mg per day for men and 310–320 mg per day for women. You can get it from both food and supplements.

Food Sources

The following foods are good to excellent sources of magnesium:

- **Pumpkin seeds:** 46% of the RDI in a quarter cup (16 grams)
- **Spinach, boiled:** 39% of the RDI in a cup (180 grams)
- **Dark chocolate (70–85% cocoa):** 33% of the RDI in 3.5 ounces (100 grams)
- **Black beans:** 30% of the RDI in a cup (172 grams)
- **Halibut:** 27% of the RDI in 3.5 ounces (100 grams)
- **Almonds:** 25% of the RDI in a quarter cup (24 grams)
- **Avocado:** 15% of the RDI in one medium avocado (200 grams)
- **Salmon:** 9% of the RDI in 3.5 ounces (100 grams)



United Way



United Way Day of Caring is Back!

Wednesday, May 19th, 9:00am - 1:00pm

Do you need help with a project around your home? Spring cleaning, window washing, yard clean-up ...? Or are you interested in being part of a volunteer group for a half day?

Let April know by May 7th, and I will submit your project request to United Way volunteers. Contact April with questions. 879.0633 xt. 5

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 May we invite you to dine in 1 of 3 locations across Routt County; Sharon's, Penny's Diner or Sunnyside 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!!



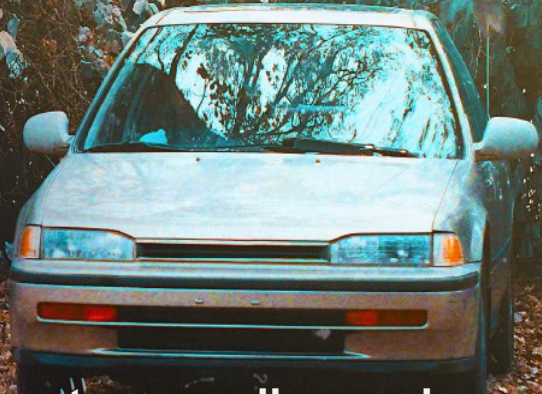
**Spring clean your property
and donate that car that hasn't moved in years.**

**All good things don't
have to come to an end.**

Give your used vehicle new life when you donate it. Donating your car, truck or boat is easy and a great way to support our mission. Get started today.

Call: 855-500-7433

or visit: www.careasy.org/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.

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
3 Chicken Quesadilla Minestrone Soup Tossed Salad Cake	4 Brisket Mashed Potatoes Carrots Roll Tossed Salad Mandarin Oranges Apple Pie	5 Black Bean Torte Casserole Mexican Corn Southwest Salad Orange Cookie	6 Black Bean Torte Casserole Mexican Corn Southwest Salad Orange Cookie	7 Italian Sausage Peppers & Onions Oven-browned Potatoes Cabbage Roll Tossed Salad Chocolate Cream Pie
10 Cheeseburger Pie Peas Five Bean Salad Apple Orange Sherbet	11 Honey Garlic Chicken Baked Potato Green Salad Biscuit Fruit Cocktail Brownie	12 Honey Garlic Chicken Baked Potato Green Salad Biscuit Fruit Cocktail Brownie	13 Pork Loin Scalloped Potatoes Cauliflower Roll Spinach Salad German Chocolate Cake	14 Fish Sandwich Mac-n-Cheese Green Beans Red Cabbage Salad Fruit Granola Parfait
17 Chicken Breast w/Caper Sauce Pesto Noodles Asparagus Garlic Bread Tossed Salad Chocolate Cake	18 Kielbasa New Potatoes w/butter & parsley Squash Garlic Bread Salad Pineapple Orange Cake	19 Kielbasa New Potatoes w/butter & parsley Squash Garlic Bread Salad Pineapple Orange Cake	20 Pot Roast Mashed Potatoes Spinach Roll Waldorf Salad Chocolate Cream Pie	21 Cheese Ravioli Italian Vegetables Italian Bread Bean Salad Banana Split
24 Meatballs Roasted Potatoes Asparagus Garlic Bread Tossed Salad Raspberry Sherbet	25 Seafood Chowder Bread Stick Broccoli Cauliflower Green Salad Orange Ice Cream	26 Seafood Chowder Bread Stick Broccoli Cauliflower Green Salad Orange Ice Cream	27 Chicken ala King Mashed Potatoes Peas English Muffin Tossed Salad Butterscotch Pudding	28 Hoagie Italian Vegetables Pasta Salad Peaches Cookie
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

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