



# News and Views from the Council on Aging

July 2021

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We're back at home; our favorite vacation spot! California was hot and crowded. I moved to Steamboat Springs back in 1970 because I thought California was a bit too crowded for my taste and it doesn't appear to have gotten better. Every place changes over time – including Steamboat – but this is still my favorite place.

An article in today's paper says that July will be wetter than normal this year. That's fine with me. Maybe it will help keep the forest fires under control. The Muddy Slide fire is burning as I write this and I would gladly put up with several days of rain if it would help stop current blazes and deter new ones.

I bought a new cell phone last week because my six year old phone finally gave up the ghost. On the positive side, the new phone has four times the memory so I can take four times as many pictures...at least I think that's the logic. On the other hand, technology has been improving and expanding while I haven't been paying close attention, so now I have to dedicate a lot of time learning what the new device is actually capable of.

We went to Cabaret the other night. It was great to actually have live outdoor entertainment again. I had forgotten how funny Cabaret could be and I missed it last year.

Enjoy your summer!

Warmly,  
Jim McGee, RCCOA Board President

## Staff

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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.*

Trying to scam the population it is not a new phenomenon, it has been happening for years and years, especially around tax return time. Since the pandemic emerged, scammers have been evolving and finding new ways to appear credible. With the quarantine and stay at home orders, more and more people are placing online orders due to the luxury of these orders being delivered to their door steps, Amazon became one of the top websites utilized. The scammers have started to send out text messages or make phone calls associated with online orders in an attempt to gain personal information. Another example of a common scam is a customer of an online store, such as Amazon, receiving a text message or phone call alerting the customer that a large order was submitted on the account and steps to take in order to cancel the order. When the customer follows the instructions, they have unknowingly provided information to the scammer. If this occurs, it's irreversible and the next thing the person knows, their checking account has been wiped, like a woman in Florida who was one of the first to fall victim to the "Amazon scam", she lost \$2000.

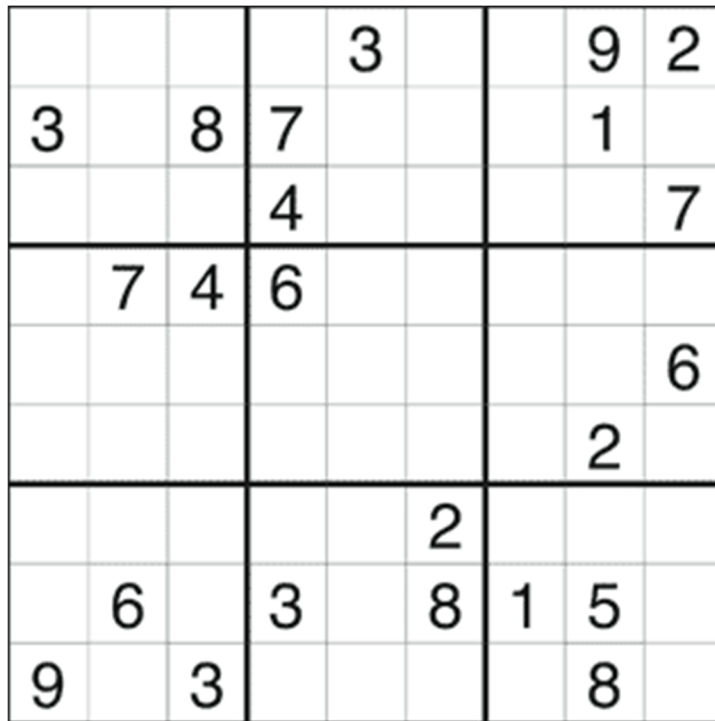
Recently, the American Association of Retired Persons (AARP) has published a few tips for people to keep in mind when an unsolicited phone call comes in:

- 1. Beware of unsolicited phone calls claiming to alert you of "problem" with your account. Never provide these callers with account information or access to your phone, computer or tablet.**
- 2. Don't click on links in text messages that claim to be from Amazon.**
- 3. Protect your Amazon and other online usernames and passwords. Change your password regularly and do not provide this information to anyone who you do not know or trust.**
- 4. If you are attempting to contact customer support do not trust a simple internet search. Only use contact information found on the Amazon website or other website you are using.**
- 5. Be prepared to spot scammers using similar tactics posing as other common or essential businesses and delivery services like grocery stores, Wal-Mart, FedEx and UPS.**

If you or someone you know believe that an at-risk adult is being taken advantage of, you are urged to call and make a report to the Routt County Department of Human Services at (970) 367-4056 or the Colorado Child Abuse and Neglect Hotline at 1-844-CO-4-KIDS (1-844-264-5437). The statewide hotline takes all Adult Protective Services (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) 870-5272 .



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



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.



Find and circle all of the Summer Olympic events that are hidden in the grid. The remaining letters spell a secret message.

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

## SUMMER OLYMPICS

ARCHERY  
ATHLETICS  
BADMINTON  
BASEBALL  
BASKETBALL  
BEACH VOLLEYBALL  
BOXING  
CANOEING  
CYCLING  
DIVING  
EQUESTRIANISM  
FENCING  
FOOTBALL  
GYMNASTICS  
HANDBALL  
HOCKEY  
JUDO  
MODERN PENTATHLON  
RHYTHMIC GYMNASTICS  
ROWING  
SHOOTING  
SOFTBALL  
SWIMMING  
SYNCHRONIZED SWIMMING  
TABLE TENNIS  
TAEKWONDO  
TENNIS  
TRAMPOLINING  
TRIATHLON  
VOLLEYBALL  
WATER POLO  
WEIGHTLIFTING  
WRESTLING  
YACHTING

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

## A Special Thank You to All of our Volunteers

**Thank you to the volunteers who continue to help us provide services! You are essential to helping the older adults in Routt County.**

**We are still seeking volunteers to deliver meals. Do you have a driver's license, a vehicle and 2 hours a week to help our community? If you are interested please contact Ellyn. [ellyn@rccoaging.org](mailto:ellyn@rccoaging.org) or 970.879.0633 xt 4.**



## Thank You Donors!

### Donations Received May 2021

Julie Alkema	Exxon Mobile Foundation in honor of Tosia and Bill Sauter	Routt County
Amazon Smile		Steamboat Golf Club
BREN, LLC	Ethelyn Foreman	Steamboat Springs Rotary Club Endowment of the Yampa Valley Community Foundation
Barbara & Jim Bronner fund of the Yampa Valley Community Foundation	Doris Harrington	Tai Chi
RJ or Betty Barnes	Impact 100 fund of Yampa Valley Community Foundation	Karen Sue Timson
Blueprint COVID 19 Hunger Response	Selina Koler	United Methodist Church Foundation
City Market	Jim McGee	Leonarda VanDerWerf
City of Steamboat Springs	Irene Nelson	Hazie Werner - Ewell D. Walker Endowment of the Yampa Valley Community Fund
George Detwiler	Barbara O'Connor	
Elevated Olive	Rolling Stone Ranch Golf Club	

*Back by popular demand... Routt County Council on Aging's*



## 4th Annual Rummage Sale!

July 30<sup>th</sup> and 31<sup>st</sup>, 2021

Steamboat Springs Community Center

The highly successful RCCOA Rummage Sale is back! The 2021 Rummage Sale will take place at the Steamboat Springs Community Center on Friday evening, July 30th and Saturday, July 31st.

\*RCCOA reserves the right to decline items that we feel are not desirable to potential buyers. **We WILL NOT accept clothing, shoes, holiday decorations, books, mattresses or ski/snowboard equipment.**

**Donations will ONLY be accepted at the Steamboat Springs Community Center**

Wed. July 28<sup>th</sup>, 8:00am- 6:00pm

Thurs. July 29<sup>th</sup>, 8:00am – 6:00pm

Fri. July 30<sup>th</sup>, 8:00am – 12:00pm

Volunteers are also needed!

Please call us to see what tasks and times are available or for more information

970.879.0633 xt. 5

*All money raised will stay in Routt County and will directly support senior nutrition, transportation and recreation programs.*

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).

[www.facebook.com/Routt-County-Council-on-Aging](https://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](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: Tuesday (frozen meals)**

### Eat and Greet

**Join us at one of our three dining sites!** 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 has resumed in person at the Steamboat Community Center. Call Sharon Smith for more information, 303-588-9856 or email [bridgeinsteamboat@gmail.com](mailto:bridgeinsteamboat@gmail.com)

## AGING WELL

JULY 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](http://northwestcoloradohealth.org/agingwell) | 970-871-7676**

## Events and Activities... more on page 9.

**Have you ever wanted to be in a parade? Now is your chance!**

**Ride in the 1st RCCOA 4th of July shuttle van/float during the Steamboat Springs July 4th parade!!**

All are welcome. Come dressed in western or patriotic attire and ride or walk along our "Meals on Wheels" shuttle. Meet at 7th and Yampa at 8:30am on July 4th, and celebrate with us. Call April with any questions.  
**970.879.0633**



## **Tour the Yampa Valley Fiberworks in Craig.**

**Friday, July 9th, 9:00am - 3:00pm**  
**\$5 donation for transportation.**

Shuttle will leave from Hayden at 9:00am for Craig. Tour the fiber mill at 10:00am and enjoy lunch in Craig after the tour.

Space is limited and reservations required. Contact Rebecca Wattles for information and to sign up [rebeccawattles@gmail.com](mailto:rebeccawattles@gmail.com) or call April @ 970-879-0633 xt. 5

## **All Aboard the Georgetown Loop Railroad!**

**Only a few spaces left!**

**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**



## **Movie and Popcorn!**

### ***Queen Bees***

Starring Oscar winner Ellen Burstyn, *Queen Bees* tells the story of Helen, a fiercely independent senior who is forced to temporarily move into a retirement community when her house undergoes repairs.

However, once she arrives at Pine Grove Senior Community, Helen encounters a world of lusty widows, cut-throat bridge tournament and 'mean girl' bullying that she hasn't experienced since school.

However, after initially yearning for the comforts of home, Helen slowly starts to find joy, new friends and even a new chance at love.




**Thurs., July 22nd, 12:30**  
**Steamboat Community Center**



**Save the date... Pontoon boat ride, Wednesday, August 11th**

## JULY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Senior Wellness Nurse –S.R. 10:30	29 “Healthy Living for your Brain and Body” -Angel Hoffman, Stmbt 12:30	30 <b>Shuttle to Craig</b>  Bingo –S.R. 12:30	1	2  Bingo –Stmbt 12:30
5	6 Art Class with Jacqueline Berkman- Stmbt 1:00, reservation required	7 Bingo –S.R. 12:30	8	9 Tour Yampa Valley Fiberworks – Craig 10:00 am  Bingo –Stmbt 12:30
12 Botanic Garden Walk 12:30 	13 Art Class with Jacqueline Berkman- Stmbt 1:00	14 Bingo –S.R. 12:30  <b>Georgetown Loop Railroad</b>	15	16  Bingo –Stmbt 12:30
19 Tea and Talk Social, Wear your favorite hat.–Stmbt 12:30 	20 Art Class with Jacqueline Berkman - Stmbt 1:00 Senior Wellness Nurse –Stmbt 11:30	21 Bingo –S.R. 12:30	22 Movie and Popcorn –Stmbt 12:30 	23 Bingo –Stmbt 12:30
26 Senior Wellness Nurse –S.R. 10:30	27 Art Class with Jacqueline Berkman - Stmbt 1:00	28 Drop off rummage sale items  <b>Shuttle to Craig</b>	29 Drop off rummage sale items	30 Bingo –Stmbt 12:30 <b>RCCOA 4th ANNUAL RUMMAGE SALE</b> Fri. 4 - 7pm Sat. 8am - 4pm

See page 8 for details about scheduled field trips and activities.

See page 7 for a complete list of Northwest Colorado Health classes and services.



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
5 Pulled Pork Sandwich Sweet Potato Fries Green Beans Tossed Salad Orange Coconut Cream Pie	6 Meatloaf Mashed Potatoes Lima Beans Biscuit Pineapple Vanilla Wafer	7 Meatloaf Mashed Potatoes Lima Beans Biscuit Pineapple Vanilla Wafer	8 Chili Relleno Casserole Brown Rice Succotash Cottage Cheese Banana Cake	9 Chicken Wedge Salad Cracker Banana Orange Oatmeal Raisin Cookie
12 Cabbage Roll Green Beans Tossed Salad Roll Apple Sauce Cookie	13 Beef Pot Pie Squash Tossed Salad Cantaloupe Ice Cream	14 Beef Pot Pie Squash Tossed Salad Cantaloupe Ice Cream	15 Baked Chicken Mashed Potatoes Broccoli Wheat Roll Tossed Salad Apple Pie	16 Tuna Wrap Potato Salad Fruit Salad Cake
19 Chicken Breast Pesto Noodles Asparagus Garlic Bread Tossed Salad Cake	20 Brisket Ranch Style Beans Garlic Bread Tossed Salad Orange Apple Pie	21 Brisket Ranch Style Beans Garlic Bread Tossed Salad Orange Apple Pie	22 Black Bean Burger Peas & Carrots Slaw Fruit Pie	23 Chili Cheese Dog Onion Rings Green Beans Tossed Salad Apple Sauce Cake
26 Pot Roast Mashed Potatoes Spinach Roll Waldorf Salad Coconut Cream Pie	27 Seafood/Vegetable Lo Mein Tossed Salad Orange Sherbet	28 Spinach Stuffed Chicken Garlic Mashed Potatoes Corn Biscuit Slaw Key Lime Pie	29 Spinach Stuffed Chicken Garlic Mashed Potatoes Corn Biscuit Slaw Key Lime Pie	30 Chef Salad Crackers Yogurt Pear Lemon Bar

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