



# AUGUST SENIOR SCOOP

## News and Views from the Council on Aging



August 2021

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One thing I really enjoy about August is the decline in the mosquito population. They don't bother me greatly; however they are annoying...mosquitoes and biting flies.

I enjoy August! I like to pay a little attention to the weather and during late July and early August there is a change that occurs. On the surface, the weather seems to be more or less the same; but the change is evident in the average daily low temperature. The daily low temperature rises, then peaks and then finally begins to decline; and that is happening now. Notice how we had lows in the high 50's and even 60's and last night here, the low temperature was 47. Still, the highs are still high around 90; but the lows are going down.

When I first moved here, I was told by my landlord (a rancher named Lewis Kemry) that "there were only two seasons in Steamboat, Winter and August". I laughed; but as the years have gone by, I've been able to see the logic. I've seen snow every month of the year except July. I was gone in 1974 when it snow a little on the Fourth. In August once, I saw a few flurries near the end of the month. It seems that I've lost tomatoes to frost virtually every month that one could be expected to be trying to grow them. We've got a good crop this year so far though!

Enjoy the rest of the 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.*

## Brunch

### Breakfast Scones

Makes 8 large scones

*Aunt Luanne gave me this recipe and we have enjoyed them for Christmas breakfast. These are sturdy scones, good to serve with sausages, fruit and cheese.*

- 1 3/4 c. flour
- 3/4 c. regular rolled oats
- 1/2 c. firmly packed dark brown sugar
- 2 t. baking powder
- 1/4 t. baking soda
- 1/2 c. cold butter or margarine, cut into small pieces
- 1/4 c. chopped walnuts or almonds
- 1/3 c. dried currants or raisins
- 1/4 c. chopped dried figs or dates
- 2 large eggs
- 1/4 c. buttermilk
- 1 t. vanilla
- 1 t. melted butter or margarine

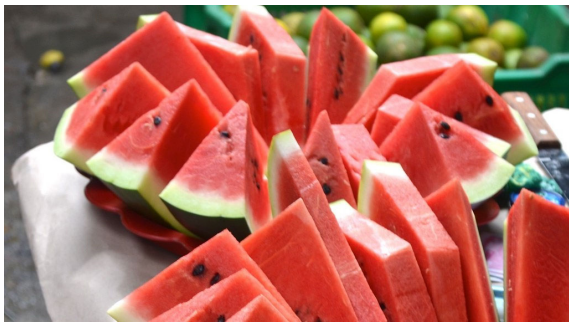
In a large bowl, mix flour, oats, brown sugar, baking powder, and soda. With a pastry blender or 2 knives, cut butter into flour mixture until it resembles coarse cornmeal. Add nuts, and dried fruits.

In another bowl, beat eggs to blend with buttermilk and vanilla. With a fork, stir liquids into flour mixture until evenly moistened.

Scrape dough onto a well-floured board. Dust lightly with flour (dough is very soft) and knead 4 or 5 turns. Place dough on an oiled 12 by 15-inch baking sheet and pat into a 9-inch-diameter round. With a floured sharp knife, cut into 8 wedge-shaped pieces, leaving wedges in place. Brush with melted butter. Bake in a 400 degree oven until tops are golden brown, about 20 minutes. Serve scones hot or warm. Each scone, 375 calories.



Thank you Eva D. and Ellyn Myller for the enjoyable Tea and Talk in June. Thank you Nadine A. for the homemade jam! Everything was delicious! Thank you for sharing your recipe. I hope to make them as good as you do!



## August 3 is National Watermelon Day.

Did you know a two-cup serving of watermelon contains an excellent level of vitamin C; and is also a source of vitamin A, vitamin B6, and potassium? At 92% water, watermelon delivers needed fluids and nutrients to the body. You can't go wrong.

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

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



Find and circle all of the Through the Looking Glass words that are hidden in the grid.

The remaining letters spell a quote by Humpty Dumpty from the book.

ALICE  
BEETLE  
BOAT  
BROOCH  
CARPENTER  
CHESS  
DAISIES  
DINAH  
ELEPHANT  
FAWN  
FROG  
GARDEN  
GNAT  
GOAT  
GOLDEN CROWN  
GUARD  
HAIGHA  
HATTA  
HILL  
HUMPTY DUMPTY  
JABBERWOCKY  
KITTY  
LION  
LOOKING GLASS

OYSTERS  
PAWNS  
POETRY  
RATTLE  
RED KING  
RED KNIGHT  
RED QUEEN  
ROSE  
SHAWL  
SNOWDROP  
SOLDIERS  
SQUARES  
TIGER-LILY  
TRAIN  
TWEEDLEDEE  
TWEEDLEDUM  
UMBRELLA  
UNICORN  
VIOLET  
WALRUS  
WHITE KING  
WHITE KNIGHT  
WHITE QUEEN

## Through the Looking Glass

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



# 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.



## Summer Fun!



# Thank You Donors!

## Donations Received June 2021

Julie Alkema	Doris Harrington
Bridge Players Benevolent Fund	Naomi Hopkins
Benjamin Blonder	Selina Koler
City of Steamboat Springs	Vi Look in memory of Bob Marko
Rosemary Cullinan	Jim O'Connor
Patricia Froening	Karen O'Connor
G. Five Ranch	Gay Roane
Bruce and Jane Hannon	Routt County
	Leonarda VanDerWerf



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

August 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

**\*\*New Class**  
**Yoga for Arthritis**  
Wednesdays, 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](http://northwestcoloradohealth.org/agingwell) | 970-871-7676**

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

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

Monday, August 9th  
12:30 - 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

### Pontoon Boat Ride

Wednesday, August 11th

Pack your hat and sunscreen. We'll supply the rest! Space is limited.



\$20 per person, includes transportation, lunch and boat ride. Call 970.879.0633 for information and a reservation.

### Older Adult Resource Fair

Thurs., August 26th  
4:00 pm - 6:00 pm  
Steamboat Springs  
Community Center



Do you know what services are available for older adults in Routt County? Find them all in one place!

Learn what is available in Routt County, listen to experts, get resources for yourself or a loved one.

Food, Fun, FREE!!

Call April for information 970.879.0633

### Tea and Talk Social

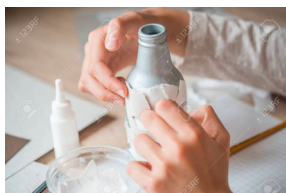
Thursday, August 12th, 12:30pm  
Steamboat Community Center

Scented oils, perfumes and other fragrances have been adorned by people since early civilization. There are numerous reasons why people wear perfumes, but ultimately it boils down to the fact that they make us feel happy. The reasons we feel happy can range from the presence of pheromones, memories the scent invokes, a feeling of escape, and the ability to show individuality through fragrances. Bring a favorite scent and share your memories.



### Get Crafty With Paper Mache and Irene Nelson!

Monday, August 30th  
Steamboat Community  
Center 12:30 - 2:30pm



Materials, instruction and inspiration provided.

Please RSVP at least 48 hours in

### Routt County Fair

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

**Friday, August 20th**  
**Leaving from the Steamboat Community Center @ 12:30pm**



## AUGUST EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Art Class with Jacqueline Berkman- Stmbt 1:00, reservation required	4 Bingo –S.R. 12:30	5	6 Bingo –Stmbt 12:30
9 Botanic Garden Walk 12:30 	10 Art Class with Jacqueline Berkman- Stmbt 1:00, reservation required	11 Bingo –S.R. 12:30  Steamboat Lake Pontoon Boat	12 Tea and Talk Social, Stmbt 12:30 	13 Bingo –Stmbt 12:30
16	17 Art Class with Jacqueline Berkman- Stmbt 1:00	18 Bingo –S.R. 12:30	19 RCCOA Board Meeting 9:00	20 Bingo –Stmbt 12:30  Visit Routt County Fair
23 Senior Wellness Nurse –S.R. 10:30	24 Art Class with Jacqueline Berkman - Stmbt 1:00	25 Bingo –S.R. 12:30  Shuttle to Craig	26 Older Adult Resource Fair Stmbt 4-6pm	27 Bingo –Stmbt 12:30
30 Paper Mache with Irene Nelson – Stmbt 12:30	31	1 Bingo –S.R. 12:30	2 Movie and Popcorn –Stmbt 12:30 	3 Bingo –Stmbt 12:30

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
2 Chicken Wings Rosemary Potatoes Kidney Beans Wheat Roll Tossed Salad Lemon Bar	3 Sausage Carbonara Peas Garlic Bread Green Salad Trail Mix Cookie	4 Sausage Carbonara Peas Garlic Bread Green Salad Trail Mix Cookie	5 Beef Ribs Dirty Rice Green Beans Garlic Bread Slaw Banana Pudding	6 Baked Potatoes w/fixings Corn Bread Green Salad Banana Cream Pie
9 Hot Ham & Cheese Sandwich Pears Peas Macaroni Salad Cookie	10 Salmon Italian Herb Rice Garlic Bread Kale Salad Pineapple Upside Down Cake	11 Salmon Italian Herb Rice Garlic Bread Kale Salad Pineapple Upside Down Cake	12 Beef Tips Mashed Potatoes Carrots Wheat Roll Tossed Salad Ice Cream	13 Turkey Cobb Salad Mushroom & Rice Soup Crackers Apple Ice Cream
16 Chicken Enchilada Casserole Spanish Rice Green Beans Cucumber Salad Baked Cinnamon Apples	17 Salisbury Steak Rice Pilaf Oriental Vegetables Garlic Cheese Biscuit Tossed Salad Orange Sherbet	18 Salisbury Steak Rice Pilaf Oriental Vegetables Garlic Cheese Biscuit Tossed Salad Orange Sherbet	19 Pork Chop Stuffing Green Beans Biscuit Tossed Salad Orange Chocolate Cookie	20 3 Cheese Ziti Kidney Beans Tossed Salad English Muffin Strawberry Shortcake
23 Pork Fried Rice Stir Fry Vegetables Asian Salad Egg Roll Peas Oatmeal Raisin Cake	24 Shrimp Po-boy Cajun Fries Okra Tossed Salad w/ Pineapple Ice Cream	25 Shrimp Po-boy Cajun Fries Okra Tossed Salad w/ Pineapple Ice Cream	26 Baked Chicken Garlic Mashed Potatoes Cauliflower Roll Plum Oatmeal Cookie	27 Beef and Broccoli Brown Rice Carrots Cucumber Yogurt Salad Fortune Cookie Ice Cream
30 Chicken Broccoli Alfredo Roasted Red Peppers Garlic Bread Caesar Salad Banana Cherry Cobbler	31 Egg Plant Parmesan Zucchini Italian Bread Tossed Salad Fruit Cocktail Cupcake	1 Cheeseburger Baked Beans Corn Potato Salad Strawberry Rhubarb Cobbler	2 Cheeseburger Baked Beans Corn Potato Salad Strawberry Rhubarb Cobbler	3 Denver Omelet Hash browns Biscuit Cantaloup Fiber Cookie

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