

# October *SENIOR SCOOP*

## News and Views from the Council on Aging

**October 2021**

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Autumn once again. A wide palette of color everywhere I look. I love autumn. It's my second favorite season. I have to admit that my favorite is spring. I truly enjoy the end of winter when the snow melts, the grass turns green and the flowers start to bloom. Autumn though is special. The beautiful colors. The pleasure of Indian summer days when the high temps are only in the 60's and the sun is great, but not overpowering. All of the outside flowers are going away and I'm trying to figure out where I'm going to put our new deck furniture for the winter. The hummingbird feeder came down yesterday. The rule around here is "If we don't see any hummers for three days straight, we're done for the season."

I'd like to think that the house is in pretty good shape for winter. A lot of the little stuff that I try to get done before the weather changes is done. I even rolled the snowblower outside the other day, put gas in the tank and fired it up. I haven't taken the snow shovels out of the garage yet though!

With the change in season also comes a change in some of the RCCOA Board members. This will be my last newsletter as Board President of the Routt County Council on Aging. I will remain on the board for another year, just my term as president will come to an end. Dean Vogelaar is taking over as Board President for the next year. Julie Alkema (secretary) will be leaving the board, as her term is ending. Thank you Julie, for being a part of the RCCOA community. We welcome Steve Evans to the Board of Directors. Some of you may know him as he regularly attends RCCOA activities. Have a great autumn, winter and 2022.



Warmly,  
Jim McGee,  
RCCOA Board President



### **Staff**

**April Sigman**  
Executive Director

**Charlotte Allen**  
Steamboat Kitchen Asst.

**Cheryl Carl**  
South Routt Kitchen Asst.

**Toni Cratsley**  
Steamboat & Hayden  
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**Gil Fifield**  
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Client Support Services

**Greg O'Hara**  
Steamboat Driver

**Cindy Porter**  
South Routt Cook

**Meg Tully**  
Grant Specialist

**Rozanne Steinhoff**  
Steamboat Assistant

**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.*

Find and circle all of the Baseball words that are hidden in the grid. The remaining letters spell a secret message - a Humphrey Bogart quotation.

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

APPEAL  
BALK  
BASE  
BATTER  
BUNT  
CATCH  
COACH  
DEAD BALL  
DEFENSE  
DOUBLE HEADER  
DUGOUT  
FAIR BALL  
FAIR TERRITORY  
FLY BALL  
FORCE PLAY  
FORFEITED GAME  
FOUL BALL  
FOUL TERRITORY  
FOUL TIP  
GROUND BALL  
IN FLIGHT  
INFIELD FLY  
INFIELDER  
INNING  
INTERFERENCE  
LEAGUE  
LINE DRIVE  
LIVE BALL  
MOUND  
OBSTRUCTION  
OFFENSE  
OUTFIELDER  
OVERSLIDE  
PENALTY  
PITCHER  
PIVOT FOOT  
RETOUCH  
RUN DOWN  
RUNNER  
SCOREBOARD  
SHORTSTOP  
STRIKE  
TAG  
THROW  
TIE GAME  
TRIPLE PLAY  
UMPIRE  
WILD PITCH

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.



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

**Complete and submit these puzzles for a free RCCOA lunch.**

# 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 call 970.879.0633 xt 4.**



## SEEKING VOLUNTEERS TO HELP LOCAL TAXPAYERS

**The Yampa Valley Community Foundation, through the AARP Foundation, is seeking interested volunteers for in-person Tax-Aide service for Routt and Moffat Counties for the 2021 tax season.** Tax-Aide offers free in-person and online tax preparation and assistance to taxpayers with low to moderate income. Because of the complexity of the U.S. tax code, many taxpayers overpay their taxes or turn to paid tax services they cannot afford. Some may forgo filing their taxes and miss out on the credits and deductions they've earned because they are unable to pay for assistance. Tax-Aide volunteers can help by providing necessary services in communities where there is the greatest need.

In addition to tax preparers, whom the program will train, Tax-Aide needs people who can provide technical and communications assistance, interpreters, and program leaders. Volunteers come from a variety of industries and range from retirees to university students. All levels and types of experience are welcome.

### **Volunteers fill a variety of roles:**

- ✓ **Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ **Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ **Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.
- ✓ **Leadership and Administrative** volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control.
- ✓ **Communications Coordinators** promote the program to prospective volunteers and taxpayers.
- ✓ **Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

For more information contact Karen O'Connor 970-439-4447 or email [karen@yvcf.org](mailto:karen@yvcf.org)

To see photos, updates, and more:  
**"Like" us on Facebook**



[www.facebook.com/Routt-County-Council-on-Aging](https://www.facebook.com/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](http://www.rccoaging.org).

# Garlic Nutrition Facts and Health Benefits

by Malia Frey, Medically reviewed by Richard Fogoros, MD

Garlic has been used to treat illness and disease for thousands of years. There are biblical references to the use of garlic in medicine. According to some sources, Hippocrates prescribed garlic for various illnesses, and early Olympic athletes used garlic to enhance performance. The benefits are mainly due to plant compounds, but garlic does contain several vitamins and minerals as well.



**Garlic Nutrition Facts** - One clove of raw garlic (3g) provides 4.5 calories, 0.2g of protein, 1g of carbohydrates, and 0g of fat. Garlic contains several vitamins and minerals. Each clove contains a small amount of vitamin C, zinc, calcium, iron, potassium, magnesium, vitamin E, vitamin K, and manganese, according to the USDA.

## Health Benefits

The potential therapeutic benefits of garlic primarily come from its bioactive compounds, including organic sulfides, saponins, phenolic compounds, and polysaccharides.

**May Aid in Weight Loss** - Garlic can support your healthy eating or weight loss program. Because it is so flavorful, a tiny amount can add a delicious savory flavor to your food without providing any fat or significant calories. Garlic can also be used as a replacement for salt if you are trying to cut back on sodium but still want food that has a satisfying taste.

**May Reduce Inflammation** - Studies have shown garlic to produce potent anti-inflammatory effects by decreasing biomarkers of inflammation.<sup>3</sup> A double-blind randomized clinical trial showed a significant reduction of inflammatory cytokines with a 400 mg dose of garlic extract given twice a day for eight weeks. Keep in mind this study used an extract and may not reflect real-life consumption of garlic.

**May Lower Blood Lipids** - Garlic has been shown to lower serum cholesterol levels. Diabetic patients given a combination of olive oil and garlic were able to regulate cholesterol and triglyceride levels. These effects were seen with garlic in powder or non-powdered form dosed over one to three months. After four months, the garlic consumption raised HDL (good cholesterol) and lowered LDL (bad cholesterol) and total cholesterol levels.

**May Reduce Risk of Cardiovascular Disease** - Available research shows that garlic can significantly reduce the risk of atherosclerosis, hypertension, diabetes, hyperlipidemia, myocardial infarction, and ischemic stroke due to the nutritional and phytochemical properties it contains.

<https://www.verywellfit.com/garlic-nutrition-facts-calories-and-health-benefits-4114318>



# Thank You Donors!

## Donations Received August 2021

Ace  
Nadine Arroyo  
Julie Alkema  
Russell and Carol Atha  
Mary Brassell  
Ben and Lindsey Blonder  
B & K Distributing  
Colorado Group Realty Fund  
Grace Compestine  
Barry and Robin Crossan  
Brad and Laura Cusenbary  
George Detwiler  
Fidelity Charitable Group  
Fund  
Patricia Froening  
Ralph and Catherine Gourley  
Mary Kay and Ron Graver  
Eileen and Milton Hill  
Hillside Plumbing  
Honey Stinger  
Michelle House  
How Ya Doin  
George and Amy Ibarra

J.D.W. Incorporated  
Ellen Kendall  
Selina Koler  
Ken and Audrey Kruse  
Marty Lamansky  
Land Title  
Jerry Laszewski  
Jeffrey Liddle  
Julie Lind  
Vi Look  
Kathleen Matzdorf  
Mountain Hair Studio  
Ellyn Myller  
Irene Nelson  
OMO Design and  
Construction Inc.  
Ore House  
Powder Tools  
Rex's  
Gard Robinson  
Cat and Dan Schaffrick  
Cheryl Schliske  
Ski Haus International  
Pegi Simmerman

John Sprengle  
Sharon Steiner  
Steamboat Bridge  
Steamboat Floral  
Steamboat Group Fund  
Steamboat Meat and Seafood  
Steamboat Springs Rotary  
Club  
James Stanko  
Rozanne Steinhoff  
The Green Company  
Meg Tully  
Leonarda VanDerWerf  
Jean Wenzel



Catherine Voorhees in  
memory of Joan Shelburne

Ethelyn Foreman in memory  
of Jeanne

**HLCC**  
CONSTRUCTION COMPANY



**Mountain  
Valley Bank**

**DyeingArtStudio**

Creating wearable Art



**McCole**  
**Construction**  
& General Contractor Services



# 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

**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 xt. 4. Meals are served on the days listed above.

### Need A Ride? Call Us.

**RCCOA is providing transportation to meal sites and activities, medical appointments, grocery 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.

There are many Bridge sessions at the Steamboat Community Center. Call Sharon for more information, 303.588.9856 or email [bridgeinsteamboat@gmail.com](mailto:bridgeinsteamboat@gmail.com). Call Penny for information about social bridge on Mondays 970.871.1750.

## AGING WELL

October 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

**Yoga for Arthritis**  
Wednesdays, 9:30 - 10:30 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...

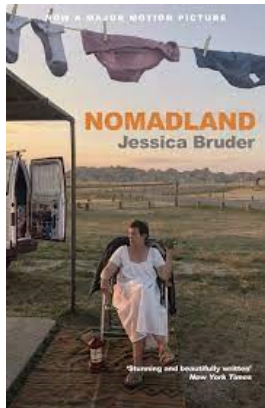
more on page 9.

### Movie and Popcorn

Thurs, Oct 7th, 12:30, Stmbt

Academy award winner for Best Picture, Best Director and Best Actress - ***Nomadland***

A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad.



### Tea and Talk Social

Thursday, October 14th, 12:30pm, Stmbt

What hobbies do you have to share?

Painting, sewing, photography... Bring a current or past project to share with the group.



### Do You Knit or Crochet?

Would you like to knit with others and get inspired, share ideas?

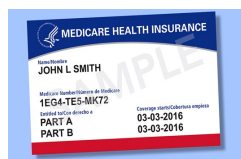


Starting October 7th, Thursdays from 1:30 - 3:00 @ the Steamboat Community Center

Open to all ages! Contact Joseph at [jfgravlee@gmail.com](mailto:jfgravlee@gmail.com) or 303.963.6958 with any questions.

### Medicare Open Enrollment

Time to look at your Medicare Part D Prescription Drug Plan and see if you are on the most affordable plan for 2022.



**Open Enrollment Period is October 15 - December 7**

In person or virtual **Medicare 101 will be Monday, October 11th @ 2pm.** Call 970-819-6401 for more information or to schedule a **FREE** appointment with a Northwest Colorado Medicare SHIP certified counselor.

### Nothing Says Fall Like Chili and Pumpkins!

Thursday, October 28th, 4:30pm @ the Moonhill School House on Elk River Road

Join us for a chili dinner and pumpkin decorating. Transportation available.

Please call for a reservation 970.879.0633





# OCTOBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 The Wonder of Garlic with Ellyn Myller –Stmbt 12:30	28	29	30 Violin Performance by Beth Kuczkowski –Stmbt 12:30	1 Bingo –Stmbt 12:30
4	5	6 Bingo –S.R. 12:30	7 Movie and Popcorn “Nomadland” - Stmbt 12:30  Knitters Circle- Stmbt 1:30	8 Bingo –Stmbt 12:30
11 Medicare 101 - Steamboat Community Center or Virtual 2:00pm	12	13 Bingo –S.R. 12:30	14 Tea and Talk Social - Stmbt 12:30  Knitters Circle- Stmbt 1:30	15 Bingo –Stmbt 12:30  Bingo –Hayden Congregational Church 10am - 1pm
18	19	20 Bingo –S.R. 12:30  Shuttle to Craig	21 Knitters Circle- Stmbt 1:30	22 Bingo –Stmbt 12:30
25 Wellness Nurse – 10:30 S.R.	26	27 Bingo –S.R. 12:30	28 Knitters Circle- Stmbt 1:30 Chili and pumpkin decorating - 4:30pm Moonhill School House	29 Bingo –Stmbt 12:30

See page 8 for details about scheduled 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
27 Chicken Strips Sweet Potato Mixed Vegetables Tossed Salad Fruit Pie	28 Fish Sandwich Tater-Tots Green Beans Slaw Mandarin Orange Sugar Cookie	29 Lasagna Peas Garlic Bread Caesar Salad Orange Ice Cream	30 Lasagna Peas Garlic Bread Caesar Salad Orange Ice Cream	1 Meat Loaf Mashed Potatoes Green Beans Garlic Bread Tossed Salad Fruit Cocktail Chocolate Chip Cookie
4 Cheese Stuffed Pasta Broccoli Garlic Bread Tossed Salad Orange Applesauce Cake	5 Pot Roast Mashed Potatoes Broccoli Biscuit Tossed Salad Peach Pie	6 Jambalaya Rice French Bread Tossed Salad Orange Blueberry Crisp	7 Jambalaya Rice French Bread Tossed Salad Orange Blueberry Crisp	8 Chicken Enchilada Spanish Rice Green Beans Tossed Salad Apple Turnover
11 Beef Pot Pie Squash Tossed Salad Cantaloupe Ice Cream	12 Tuna Melt French Fries Peas Tossed Salad Grapes Dessert	13 Baked Chicken Mac-n-cheese Stewed Tomatoes Wheat Roll Tossed Salad Orange Dessert	14 Baked Chicken Mac-n-cheese Stewed Tomatoes Wheat Roll Tossed Salad Orange Dessert	15 Sweet & Sour Pork Seasoned Broccoli Fried Rice Egg Roll Asian Salad Dessert
18 Chicken w/Italian White Beans Zucchini Corn Bread Tossed Salad Ice-cream	19 Pineapple Cashew Fried Rice Stir Fried Vegetables Egg Roll Tossed Salad Fruity Yogurt Fortune Cookie	20 Swedish Meatballs Egg Noodles Kidney Beans Mixed Vegetables Fruit Salad Dessert	21 Swedish Meatballs Egg Noodles Kidney Beans Mixed Vegetables Fruit Salad Dessert	22 Chili Cheese Dog Onion Rings Green Beans Tossed Salad Dessert
25 Chicken Parmesan Noodles Italian Vegetables Garlic Bread Caprese Salad Banana Split	26 Pork Roast Scalloped Potatoes Mixed Vegetables Wheat Roll Tossed Salad Chocolate Ice-cream	27 Pork Roast Scalloped Potatoes Mixed Vegetables Wheat Roll Tossed Salad Chocolate Ice-cream	28 Fish Creole Rice Broccoli French Bread Tossed Salad Dessert	29 Ghoulash Peas Wheat Roll Tossed Salad Orange Halloween Cookies

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