

# September *SENIOR SCOOP*

## News and Views from the Council on Aging

**September 2021**

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One of the signs of the impending end of summer is hummingbirds. For a couple of weeks, it seems as though every hummingbird in the county has decided to gather at our feeder and fight with all of the others for space. For a week or so, I have to refill the feeder pretty much every day; and then suddenly, they're all gone. Well not really all of them; but certainly most. I've read that they migrate to southern Mexico and Costa Rica. Now that I think about it, that doesn't sound too bad.

I've got an appointment to get my Covid booster shot in a few days. Someone said that I'm in the high risk group age-wise. I don't know what they mean. I'm only in my mid-thirties mentally (occasionally, not even that old). Also, I just got an email advising me to get my flu shot before too long. I've got to re-order some of my meds pretty soon also. I don't know who that old guy in the mirror is.

There are little pockets of yellow appearing here and there and nighttime temperatures have dropped into the 40's. It's really great to have cool, fresh air coming in the windows at night. It seems as though this is all happening a few weeks earlier than it usually does. I don't know if it is or not; but it's been pointed out to me that I say the same thing every year around this time.

The Autumnal Equinox is coming our way at 1:20 PM, on September 22<sup>nd</sup> this year. It generally signifies the time of the harvest; although the actual harvest varies depending on location, altitude and other variables. These days, I'm channeling my ancient agrarian roots by harvesting the seeds off of some of our flowers. Nasturtium seeds in particular. It connects next year's plants to this year's plants and somehow feels like a good thing to do. Enjoy the Autumn and the Indian Summer.

Warmly,  
Jim McGee,  
RCCOA Board President



### **Staff**

**April Sigman**  
Executive Director

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South Routt Kitchen Asst.

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Steamboat Kitchen Asst.

**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 Autumn words that are hidden in the grid.  
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN  
APPLE  
BIRD MIGRATION  
BLOWING LEAVES  
BLUSTERY DAY  
CANNING  
CHESTNUTS  
CHILLY  
COLD  
CROPS  
EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
HICKORY NUTS  
LONGER NIGHTS  
NOVEMBER  
OCTOBER  
ORANGE LEAVES  
PIE  
PUMPKIN  
RAKE  
RED LEAVES  
SCARECROW  
SCHOOL  
SEASON  
SEPTEMBER  
SHORTER DAYS  
SQUASH  
SWEET POTATOES  
THANKSGIVING  
TURKEY  
WINDY  
YELLOW LEAVES

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.



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

**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.

thank  
YOU

## Back to School with Pen Pals

Connecting seniors and students in an effort to support well being and foster connections.

Keep your stories alive by sharing them! Older adults have life stories filled with wisdom, laughter, and sometimes tears. These stories provide something to relate to and build human connections.

If you are interested in becoming a pen pal with a student in our community please call Ellyn at RCCOA 970.879.0633 xt 4.

Hoping you'll join in, and make a new connection.



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).

RCCOA will be **closed**  
**Monday, September 6th**  
for Labor Day.



## 4 Things to Eat in September



September is a month of transition, when days feel like summer but nights hint that cooler weather is approaching. There's still an abundance of produce from our gardens, farmers markets and produce aisles at their prime. Here's our round-up of fresh, tasty fruits and vegetables to seek this month.

### Broccoli

Though readily available in markets year-round, broccoli's peak season is in the fall. This little green stalk is high in vitamin C and folate, a key nutrient for heart health and proper tissue growth and development. It's also a good source of fiber to help keep the gut happy. A member of the cabbage family, broccoli is a source of glucosinolates, compounds that may help decrease the risk of some cancers. Sauté broccoli with garlic, ginger and sesame oil for an Asian spin or roast it with a drizzle of olive oil, salt and pepper for a caramelized, sweet finish.

### Cauliflower

Like broccoli, cauliflower is part of the cruciferous vegetable clan and packed with cancer-fighting compounds. The saying, "don't eat anything white," definitely doesn't apply here. Though cauliflower comes in green, purple and yellow, white is the most common. No matter the color, cauliflower is an excellent source of vitamin C and a good source of folate. To cut back on carbs and calories, swap mashed potatoes for mashed cauliflower. Two other tasty low-carb alternatives? Stir-fry riced cauliflower with vegetables and shrimp for "fried rice" or toss thick slices of cauliflower on the grill to enjoy a cauliflower "steak."

### Figs

A member of the mulberry tree, figs range in color and texture and come in more than a 150 different varieties. High in fiber and potassium, figs may help with blood pressure and weight management. They'll keep in the fridge for up to two days once ripe. Fig's sweet flavor makes them a perfect add-in to breakfast foods like oatmeal and yogurt. They're also delicious soaked and made into a paste and used as a high-fiber sugar alternative in baking. Or, stuff with goat cheese for an easy, impressive hors d'oeuvre.



### Peppers

Red, green, orange, yellow or purple, sweet and spicy peppers are an excellent source of vitamin C. In fact, yellow bell peppers have almost triple the vitamin C of navel oranges. Peppers are available through late fall in backyard gardens and farmers markets and boost the flavor and color of a variety of dishes. With hot and spicy varieties, you may also get a slight metabolism boost. Because they keep for up to a week in the refrigerator, peppers are an ideal addition to your meal prep routine. Wash, dry and slice peppers and use as the base for a colorful stir-fry, add crunch and color to chicken and bean fajitas or make a roasted red pepper frittata for breakfast (or dinner).

<https://blog.myfitnesspal.com/five-things-eat-september/>



# Thank You Donors!

## Donations Received July 2021



Julie Alkema

Selina Koler

Cindy Balin

Meals on Wheels  
Association of America

Lynn and Alene Turner

Jennifer Bock

Jim McGee

Leonarda VanDerWerf

Bridge Players Benevolent  
Fund

Betsy McGrew

Yampa Valley Community  
Foundation Employee Match

Benjamin Blonder

Nancy Middleton

Steamboat Bridge

Peter Morgan

City of Steamboat Springs

Ellyn Myller

Jessica Dunlop

Georgianne Nelson

**Bud and Jane  
Romberg in Memory  
of Tanna Brock**

Hanuela Egues

Irene Nelson



Ralph and Katherine Gourley

Vivian Raynor

Clay and Carol Hanger

Cheryl Schliske

Doris Harrington

Rozanne Steinhoff

HLCC Construction  
Company

Steamboat Tai Chi

Michele Thomas

## 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 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. 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>

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 George for information about social bridge on Mondays 970.846.0024.

## AGING WELL

September 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

**Yoga for Arthritis \*new class**  
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.

## Tea and Talk Social

Thursday, September 9th, 12:30pm  
Steamboat Community Center

We'll learn about tea from an expert,  
Josh Borden.



## Violin Performance

Thursday, September 30th, 12:30  
Steamboat Community Center

Beth Kuczkowski



**THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.**

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit [alz.org/walk](http://alz.org/walk) for more information about this year's event and to register.

**Yampa Valley Walk to End Alzheimer's**  
Sunday, September 5th 2021  
Yampa River Botanic Park  
[kapetersen@alz.org](mailto:kapetersen@alz.org)



2021 NATIONAL PRESENTING SPONSORS  
Edward Jones CVSHealth

2021 NATIONAL DIAMOND TEAMS  
BROOKDALE SIGMA KAPPA

2021 NATIONAL PLATINUM TEAMS  
SeniorStar LCB

THANKS TO OUR SPONSORS

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Mountain Eyeworks

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BEAR VALLEY MEDICAL  
DIRECT PRIMARY CARE

COOK STEAMBOAT MOTORS

BONFIGLIO & DRUG  
SOUNDS OF THE VALLEY  
ONE STEAMBOAT  
MUSIC PLACE (ONE)

GERBER BEREND RENOVATIONS  
yoga center  
OF STEAMBOAT

## 13th annual Caregiver Conference



### Best Practices in Dementia Care:

*Building Hands-On Skills  
for Communication  
& Interactions*

Teepa Snow, with *A Positive Approach to Care*, is a worldwide leading advocate and educator of dementia and other brain change.

**Sept 17, 2021 9am-4pm**

**Keystone Conference Center (masks required)**

**AND**

**Virtual Live Stream**

Registration Required / Space Limited

[www.tinyurl.com/COCaregiver](http://www.tinyurl.com/COCaregiver)

Or call: 970-665-0041

**Sponsored by:**



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local community  
wellness events

Looking for new ideas  
to stay active &  
independent?

**Text FRUIT to 21333**



Or scan **this code** with your  
phone's camera and fill out the  
**T2LH form** to register

You can also register by visiting: [http://redcap.link/T2LH\\_InGoodHealth](http://redcap.link/T2LH_InGoodHealth)

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colorado school of public health

**SNAP-Ed**  
United States Department of Agriculture

**COLORADO**  
Office of Adult, At-Risk &  
Disability Services  
\*Division of Aging & Adult Services



## SEPTEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
6 <b>Labor Day</b>  <b>All Sites Closed</b>	7	8 Bingo –S.R. 12:30	9 Tea and Talk Social – Stmbt 12:30 	10 Bingo –Stmbt 12:30
13 Cardio Screening – S.R. 11:30	14 Cardio Screening– Stmbt 11:30	15 Bingo –S.R. 12:30	16	17 Bingo –Stmbt 12:30  Caregiver Conference Livestream or In Person in Keystone
20 CO Talking Book Library with Barbara Pennell Jaynes Stmbt 12:30	21	22 Bingo –S.R. 12:30  <b>Shuttle to Craig</b>	23 Are you using technology for your benefit? -Stmbt 12:30	24 Bingo –Stmbt 12:30
27 The Wonder of Garlic with Ellyn Myller –Stmbt 12:30 Senior Wellness Nurse –S.R. 10:30	28	29	30 Violin Performance by Beth Kuczkowski –Stmbt 12:30	1

**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
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
6  LABOR DAY ALL SITES CLOSED	7 Ham & Beans Broccoli Carrots Corn Bread Apple Sauce Peanut Butter Cookie	8 Baked Chicken Mashed Potatoes Broccoli Wheat Roll Tossed Salad Apple Cup Cake	9 Baked Chicken Mashed Potatoes Broccoli Wheat Roll Tossed Salad Apple Cup Cake	10 Taco Salad Pinto Beans Orange Brownie
13 Broccoli & Ham Quiche Mixed Vegetables Biscuit Spinach Carrot Salad Orange Chocolate Pudding	14 Flank Steak Mashed Potatoes Squash Italian Bread Tossed Salad Raspberry Sherbet	15 Flank Steak Mashed Potatoes Squash Italian Bread Tossed Salad Raspberry Sherbet	16 Chicken w/Mushroom Sauce Mashed Potatoes Mix Vegetables Wheat Roll Spinach Salad Chocolate Cupcake	17 Clam Chowder Oyster Crackers Tossed Salad Fruit Cookie
20 Bean & Cheese Burrito Spanish Rice Tossed Salad Pineapple Cake	21 Sausage & Peppers Rice Pilaf Carrots Italian Bread Tossed Salad Snickerdoodle	22 BBQ Beef Sandwich Carrots Kidney Beans Slaw Banana Orange Sherbet	23 BBQ Beef Sandwich Carrots Kidney Beans Slaw Banana Orange Sherbet	24 Chicken Chow Mein Lo Mein Noodles Egg Roll Asian Broccoli Salad Orange Fortune Cookie
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

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