



# SENIOR SCOOP

## News and Views from the Council on Aging

November 2021

### Board of Directors

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**Steve Evans**

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**Chris Stillwell**  
**Cheryl Trank**



### What Are YOU Supporting on CO Gives Day?

**13,586** Total meals served to seniors over 60 this year

**10,495** Meals delivered to homes

**6,300** Volunteer hours

**5,800** People over 60 in Routt County

**3,091** Meals served at group dining sites

**2,662** Rides given

**142** CO Gives Donors in 2020

**47** Amazing Volunteers

**15** Hard working staff members

**13** Dedicated Board members

**3** Shuttle vans

**1** Wonderful community



### Staff

**April Sigman**  
Executive Director

**Charlotte Allen**  
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

**Milt Hill**  
Steamboat Driver

**Michael Kenney**  
Hayden Driver

**Ellyn Myller**  
Client Support Services

**Greg O'Hara**  
Steamboat Driver

**Cindy Porter**  
South Routt Cook

**Jerry Rutherford**  
Steamboat Kitchen Assist

**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.*

# Old West

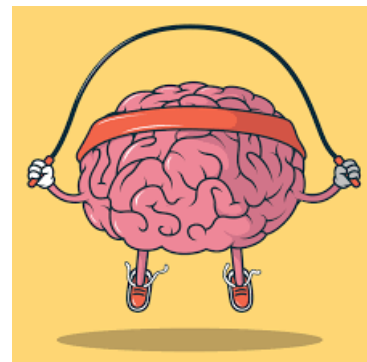
Find and circle all of the words that are hidden in the grid.  
The remaining 25 letters spell a George Eliot quotation.

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

BANKER  
BARKEEP  
BILLY THE KID  
BOOT HILL  
BRAND  
CAMPFIRE  
CATTLE DRIVE  
CHAPARRAL  
COAL  
CORRAL  
COWBOY  
DOC HOLLIDAY  
FARRIER  
FORT  
FURS  
GOLD MINE  
GOLD PANNING  
GRAZE  
HIRED GUN  
HOGS  
HOMESTEAD  
HOTEL  
JUDGE  
LARIAT  
LAWMAN

LIVESTOCK  
MINER  
OUTLAW GANG  
PISTOL  
PLOW HORSE  
POSSE  
RAILROAD  
RANCH  
RATTLESNAKE  
RIFLE  
SADDLE  
SALOON  
SHERIFF  
SHOPKEEPER  
SITTING BULL  
STAGECOACH  
TELEGRAPH  
TRACKER  
TRAIL  
TRAIN  
UNDERTAKER  
WATER TANK  
WELL

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

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

## Featured Food –Sweet Potatoes

Sweet potatoes are typically recognized by their copper-colored skin and vibrant orange flesh, though the hundreds of varieties grown worldwide display colors such as white, cream, yellow, reddish-purple, and deep purple. Although they are often found on holiday tables covered in marshmallows or mixed with added sweeteners, there's no need! True to their name, sweet potatoes have a naturally sweet flavor, which is further enhanced through cooking methods like roasting. They are also one of the top sources of beta-carotene—a precursor to vitamin A.

Unlike a potato (edible tubers of the nightshade family), the sweet “potato” is a large edible root within the morning glory family. They're also different from yams, which are edible tubers within the lily family and native to Africa and Asia. Chances are the “yams” found in your local supermarket are actually a variety of sweet potato. True yams are distinguishable by their blackish/brown, bark-like skin and white or purple-toned flesh.

### Sweet Potatoes are a Good Source Of

<b>Vitamin A</b>	<b>Beta-carotene</b>
<b>Vitamin B6</b>	<b>Potassium</b>
<b>Vitamin C</b>	<b>Fiber</b>

<https://www.hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/>

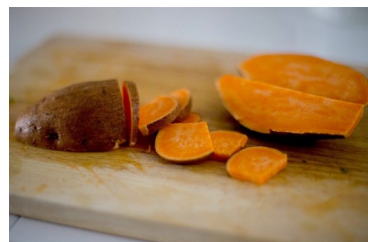
### Sweet Potatoes and Health

Sweet potatoes with orange flesh are richest in beta-carotene. Sweet potatoes with purple flesh are richer in anthocyanins. Beta-carotene and anthocyanins are naturally occurring plant “phyto” chemicals that give vegetables their bright colors. These phytochemicals are researched for their potential role in human health and disease prevention.

### Did You Know?

In addition to the root, sweet potato leaves and shoots are also edible and commonly eaten in some countries.

Boiling sweet potatoes retains more beta-carotene and makes the nutrient more absorbable than other cooking methods such as baking or frying. Up to 92% of the nutrient can be retained by limiting the cook time, such as boiling in a pot with a tightly covered lid for 20 minutes. Cooking with the skin on further helps to minimize leaching of nutrients including beta-carotene and vitamin C.



## 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. 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.

✓ **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)

# 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.**

Joanna Allison  
Mike Berdine  
Ben Blonder  
Lindsey Blonder  
Ashley Demos  
George Detwiler  
Tracy Detwiler  
Dan Emert  
Jane Hannon  
Beth Kuczkowski

Lisa Lancaster  
Jay Layman  
Marjorie Layman  
Susie Lee  
Jean Levine  
Julie Lind  
Lynne Marr  
Sandi Poltorak  
Stacey Rogers  
Tosia Sauter

Cat Schaffrick  
Don Sperry  
Rozanne Steinhoff  
Stone Soup Kitchen  
Tom Swissler  
Beth Taylor  
Nancy Trimmer  
Annette Zuber



**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 Donors!*

### **Donations Received September 2021**

Ace  
Nadine Arroyo  
Julie Alkema  
Ben and Lindsey Blonder  
B & K Distributing  
City of Steamboat Springs  
Colorado Group Realty Fund  
Grace Compestine  
George Detwiler  
Tom Delancey  
Fidelity Charitable Group  
Fund  
Patricia Froening  
Mary Kay and Ron Graver  
Hillside Plumbing  
Honey Stinger  
How Ya Doin  
George and Amy Ibarra

J.D.W. Incorporated  
Selina Koler  
Marty Lamansky  
Land Title  
Mary Lucille Mantz  
Mountain Hair Studio  
Irene Nelson  
Ore House  
Powder Tools  
Gwen Power  
Routt County  
Rex's  
Ski Haus International  
Pegi Simmerman  
John Sprengle  
Sharon Steiner  
Steamboat Bridge  
Steamboat Floral  
Steamboat Group Fund

Steamboat Meat and Seafood  
Steamboat Springs Rotary  
Club  
Steamboat Tai Chi  
James Stanko  
Rozanne Steinhoff  
The Green Company  
Tom Taylor  
Leonarda VanDerWerf  
Jean Wenzel





# GIVE WHERE YOU LIVE! SCHEDULE YOUR CO GIVES DONATION ONLINE!

**Your Donation Goes Further on Colorado Gives Day!  
Tuesday, December 7th!**

**WOW! Last year donors exceeded all expectations and RCCOA received \$26,633 from 82 people during the 24 hour period of CO Gives Day!! Help us exceed our goal of \$15,000 this year.**



**Consider giving what you can, even \$50 Goes A Long Way!**

\$50 does so much at RCCOA. It can pay for a healthy, hot lunch for a senior for an entire month. It can ensure that a senior receives 16 fresh, hot, home-delivered meals on wheels entrees. It can facilitate 25 trips for a senior to go to the bank or a doctor's appointment. If \$50 can do all that, think what \$100, \$500 or even \$1000 can do! **We are thankful for your generous support. Our seniors depend on it.**

Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 2,300 nonprofits. ***Starting on November 1, you can schedule your Colorado Gives Day donations in advance at [www.ColoradoGives.org](http://www.ColoradoGives.org). See April if you need assistance online.***

## PLEASE MAKE YOUR DONATION ON DEC. 7th!

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.

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

November 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](https://northwestcoloradohealth.org/agingwell) | 970-871-7676**

## Events and Activities...

more on page 9.

### A Day Trip to the Silverthorne Outlet Stores

Wed., November 17th 9:00 am - 5:30 pm

Join us for shopping and lunch. Space is limited. Suggested donation of \$5 for those 60 and better. Lunch is not included. Weather Permitting. Please RSVP to Ellyn at least 72 hours in advance. 970-879-0633.



### Tea and Talk Social

Thursday, November 11th

12:30pm, Stmbt

Bring a childhood memory and picture to share.



### Do You Knit or Crochet?

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

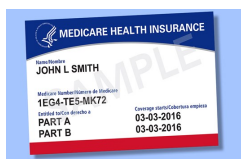
Thursdays from 1:30 - 3:00 @ the Steamboat Community Center

Open to all ages!  
Contact Joseph at  
jfggravlee@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**

SHIP counselors will be available in person on Monday, November 8th, 10:00 am - 4:00pm at the Steamboat Community Center.

Call 970-819-6401 for more information or to schedule a FREE appointment with a Northwest Colorado Medicare SHIP certified counselor.

### Get Crafty with Modge Podge

Monday, November 22nd  
12:30pm, Stmbt

Ellyn will guide you through a project! Supplies provided. Please RSVP 970.879.0633 xt 4.



### Save the Date...

Tuesday, December 14th

4:30pm, Stmbt Community Center

**RCCOA Holiday Party!!**




# NOVEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Bingo –S.R. 12:30	4 Knitters Circle- Stmbt 1:30	5 Bingo –Stmbt 12:30
8 SHIP Medicare Counselors available In Person - Stmbt Community Center	9 Cardio Screening – Stmbt 11:00	10 Bingo –S.R. 12:30	11 Tea and Talk Social- Stmbt 12:30  Knitters Circle-Stmbt 1:30	12 Bingo –Stmbt 12:30
15	16	17 Bingo –S.R. 12:30  Shuttle to Silverthorne	18 Knitters Circle- Stmbt 1:30	19 Bingo –Stmbt 12:30  Bingo –Hayden Congregational Church 10am - 1pm
22 Wellness Nurse – 10:30 S.R.  Modge Podge crafting– Stmbt 12:30	23	24 Bingo –S.R. 12:30	25 CLOSED  HAPPY THANKSGIVING	26 CLOSED  
29	30	1 Bingo –S.R. 12:30	2 Knitters Circle- Stmbt 1:30	3 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
1 Spaghetti w/ meatballs Mixed Vegetables Garlic Bread Caesar Salad Apple Cheese Cake	2 Tofu Stir Fry Fried Rice Egg Roll Asian Broccoli Salad Orange Fortune Cookie	3 BBQ Chicken Pesto Noodles Asparagus Biscuit Tossed Salad Cup Cake	4 BBQ Chicken Pesto Noodles Asparagus Biscuit Tossed Salad Cup Cake	5 BLT Pea Salad Fruit Cup Lemon Bar
8 Oven Fried Chicken Mashed Potatoes Peas Wheat Roll Tossed Salad Vanilla Pudding	9 Salmon Rice Pilaf Broccoli Breadstick Tossed Salad Strawberry Cheesecake	10 Ribs Sweet Potatoes Wheat Roll Tossed Salad Brownie	11 Ribs Sweet Potatoes Wheat Roll Tossed Salad Brownie	12 Beef Stew Roll Tossed Salad Blueberry Pie
15 Fish Tacos Rice Black Beans Broccoli Sunflower Salad Banana Ice-cream	16 Breaded Porkchop Bean Casserole Wheat Roll Tossed Salad Orange Blueberry Cobbler	17 Breaded Porkchop Bean Casserole Wheat Roll Tossed Salad Orange Blueberry Cobbler	18 Meatball Sub Sandwich Potato Wedges Peas Green Salad Orange Key Lime Pie	19 Chicken & Dumplings Peas Tossed Salad Orange Oatmeal Cookie
22 Pork Cabbage Sauté Pinto Beans Peas Tossed Salad Strawberries & Cream	23 Turkey Mashed Potatoes Green Bean Casserole Wheat Roll Beet Salad Pumpkin Pie	24 Turkey Mashed Potatoes Green Bean Casserole Wheat Roll Beet Salad Pumpkin Pie	25 CLOSED  HAPPY THANKSGIVING	26 CLOSED  
29 Pork Carnitas Spanish Rice Peas Slaw Berry Pie	30 Open-face Turkey Sandwich Mashed Potatoes Green Beans Tossed Salad Apple Pastry w/ice-cream	1 Pot Pie Beans Okra Spinach Salad Mandarin Oranges Apple Cookie	2 Pot Pie Beans Okra Spinach Salad Mandarin Oranges Apple Cookie	3 Sloppy Joe French Fries Baked Beans Green Salad Banana Cake

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