

DECEMBER SENIOR SCOOP

News and Views from the Council on Aging

December 2021

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In reflecting on the past year at RCCOA, I feel an overwhelming sense of gratitude. I'm so very thankful for so very much -- the friends, the food, the conversations, our community. The return to "normal". The sounds of constant hustle and bustle in the community center. I'm extra thankful for those.

I'm proud of our staff, and Board of Directors, and I extra grateful to everyone that volunteers here. I'm amazed at what we've accomplished together this past year.

Some noteworthy milestones include the huge expansion of our Meals on Wheels service. We have delivered over 12,000 Meals on Wheels already this year! In all of 2019 we delivered just under 4,000 meals. That is a 300% increase! We are also serving similar amounts of people in our dining rooms as we saw pre-pandemic. We are on track to serve over 18,000 total meals this year. To accomplish all of this, we have grown from a staff of 11 to a staff of 16. We rely on over 30 volunteers to help each week and are always looking for more. I am blown away at the financial support our community and various foundations have given.

In response to the increased needs in our community we have big plans for 2022! I'm excited to announce the start of a RCCOA Capital Campaign. We recognize the future need for a larger footprint and are planning to make that happen. We are also planning additional transportation options with the purchase of a minivan. See other exciting service expansions on page 6.

Wishing you all the happiest of holidays!



April Sigman

RCCOA, Executive Director



Staff

April Sigman

Executive Director

Charlotte Allen

Steamboat Kitchen Asst.

Cheryl Carl

South Routt Kitchen Asst.

Toni Cratsley

Steamboat & Hayden

Cook

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.

A Christmas Carol

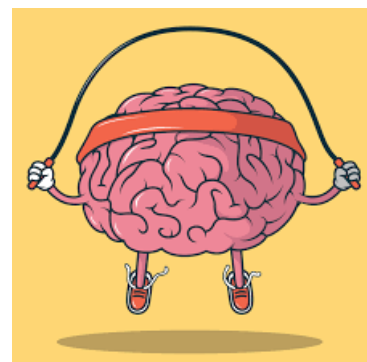


ALL	HAY	PRAY
AND	HEAD	SIDE
ASK	HEAVEN	SKY
ASLEEP	HIS	STARS
AWAY	JESUS	STAY
BABY	LAID	SWEET
BED	LAY	TAKE
BLESS	LITTLE	TENDER
BRIGHT	LIVE	THEE
BUT	LOOK	THERE
CARE	LOOKED	THY
CATTLE	LORD	WAKES
CHILDREN	LOVE	WHERE
CLOSE	LOWING	WITH
CRIB	MAKES	
CRYING	MANGER	
DEAR	MORNING	
DOWN	NEAR	
FOREVER	NIGH	
FROM	POOR	

The words listed below are from a familiar Christmas Carol. What is it? Find and circle all of the words hidden in the grid. The remaining letters will spell the name of the Christmas Carol.

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

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



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.

Events and Activities...

more on page 9.

We will have a cookie exchange after lunch in **Steamboat and Oak Creek on Monday, December 20th and in Hayden on Tuesday December 21st.**

If you would like to participate, please bring a dozen cookies and 12 copies of the recipe to share with others. Those that bring cookies will take home an assortment of cookies and recipes!



Tea and Talk Social

**Thursday, December 9th
12:30pm, Stmbt**

What is your
FAVORITE
holiday memory
or tradition?
Bring your tea
cup and a
picture to share.



A Day Trip to Craig

Wed., December 15th 9:00 am - 4:00 pm

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

Routt County Council on Aging Holiday Party!!

**Food, Friendship, Holiday
Cheer, Gifts and Carolers!**

**Tuesday, December 14th
4:30pm, Steamboat Community Center**

**Please RSVP to April at 970.879.0633 xt. 5
or april@rccoaging.org**



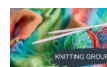
Get Crafty with Modge Podge

**Tuesday, December 7th
12:30pm, Hayden**



Rebecca will guide you through a project!
Supplies provided. Please RSVP 970.879.0633.

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 jfgravlee@gmail.com or 303.963.6958 with any questions.

Top Tips to Look After Your Mental Health During the Holidays

Holidays can put added pressure on our mental health. The season's expectations can take their toll on many of us, so you're not alone. The pressure to have a good time during the festive season can feel overwhelming if you are dealing with poor mental health and emotional difficulties. **Here are suggestions for ways to look after your mental health during the holidays:**

1. Avoid unhelpful social comparisons - Comparing ourselves with other people can have a big effect on how we feel. Sometimes this can be a good thing, motivating us to do better when we're inspired; however, if we don't think we measure up to those we compare ourselves to, it can have a negative impact on our self-esteem.

2. Have realistic expectations about family gatherings - The expectation that the festive season is a 'time for family' can add further pressure on already strained relationships, particularly among people who don't see each other often and aren't used to spending so much time together. Being realistic about what you can expect from this time will help to avoid disappointment and arguments.

3. Participate in your local community - Join a group for exercise, join a book club, find local connections. The library, community centers and newspapers are good sources of information. Volunteering can also be a good way of reducing loneliness and giving you a sense of purpose if you're spending holidays alone this year. If you are able to, offer support to people in your community who may need it.

4. Take a break - Allow yourself to take time out if you find your stress levels rising. You may want to head out for a walk, go out for a coffee or listen to music - whatever will help you to relax or unwind. Saying no can be difficult if you feel pressured by family and friends; however, setting limits is crucial for your own wellbeing.

5. Everything in moderation - It can be tempting to over-indulge at the holidays. However, there can be negative side-effects from too much excess, such as feeling guilty afterwards, feeling physically bloated and unwell, increased negative emotions from alcohol, which is a depressant, or interference with prescribed medication. Try to avoid overindulgence.

Mentalhealth.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 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 or call 970.879.0633 xt 4.

Thank You Donors!

Donations Received October 2021

Julie Alkema
Timothy Bertram
Ben and Lindsey Blonder
Bridge Players Benevolent Fund
City of Steamboat Springs
Evans Enterprises
Elaine Gilbertson
Thomas Graves
Bill Higby
Selina Koler
Brent Libby
Jim McGee
NextFifty Initiative



Gardner Robinson
Rocky Mountain Health Foundation
Routt County
Ski Corp Charitable Fund
Steamboat Tai Chi
Steamboat Bridge Players
Rozanne Steinhoff
Leonarda VanDerWerf
Patricia Webb
Yampa Valley Community Foundation
Community Grant Award

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 \$12,000 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.

COMMUNITY FIRST FOUNDATION

**COLORADO
GIVES DAY**



ColoradoGivesDay.org Dec. 7



PLEASE MAKE YOUR DONATION ON DEC. 7th!

New services coming in 2022!!

Routt County Council on Aging is thrilled to launch a NEW service in 2022.

“Helping Hands” will provide non-medical home care services to clients who need a little extra help on a weekly basis. Services will be available for a suggested donation of \$15/hour. Companion care, light house keeping, laundry, shopping, and meal prep are examples of non-medical services we will be providing. Please call April with questions or to schedule an assessment. 970.879.0633 xt 5

RCCOA and the Alzheimer's Association are excited to partner in a new way.

RCCOA will host the Alzheimer's Association **Caregiver Support Group.**

**The 2nd Tuesday of each month, 10:30 am
Steamboat Springs Community Center**
beginning January 11th, 2022

- Develop a support system
- Talk through issues with coping
- Share feelings, needs and concerns
- Learn about community resources

For information contact Angel Hoffman
970.387.6067 | alhoffman@alz.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. Call Penny for information about social bridge on Mondays 970.871.1750.

AGING WELL

December 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, 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

The Haven Community Center
10:00 - 12:30 pm
2nd and 4th Wednesday 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 | 970-871-7676

DECEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30	1 Bingo –S.R. 12:30	2 Knitters Circle- Stmbt 1:30	3 Bingo –Stmbt 12:30
6	7 CO GIVES DAY  Modge Podge crafting– Hayden 12:30	8 Bingo –S.R. 12:30	9 Tea and Talk Social- Stmbt 12:30 Knitters Circle-Stmbt 1:30	10 Bingo –Stmbt 12:30
13	14 RCCOA HOLIDAY PARTY 4:30PM 	15 Bingo –S.R. 12:30 Shuttle to Craig	16 Knitters Circle- Stmbt 1:30	17 Bingo –Stmbt 12:30 Bingo –Hayden Congregational Church 10am - 1pm
20 Cookie Exchange – Stmbt and S.R. 12:30 	21 Cookie Exchange – Hayden 12:30	22 Bingo –S.R. 12:30	23 Knitters Circle- Stmbt 1:30	24 CLOSED MERRY CHRISTMAS 
27 Wellness Nurse – 10:30 S.R.	28	29 Bingo –S.R. 12:30	30 Knitters Circle- Stmbt 1:30	31 Bingo –Stmbt 12:30

See page 3 for details about scheduled activities.

See page 8 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
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
6 Italian Sausage Carbonara Peas Garlic Bread Salad Peach Pie	7 Catfish Scalloped Sweet Potatoes Cabbage Bran Muffin Tossed Salad Strawberry ShortCake	8 Chicken Cordon Blue Rice Pilaf Asparagus Wheat Roll Tossed Salad Cookie	9 Chicken Cordon Blue Rice Pilaf Asparagus Wheat Roll Tossed Salad Cookie	10 Lamb Stew Biscuit Crackers Tossed Salad Ambrosia Salad
13 Baked Potato w/fixings Broccoli & Cheese Wheat Roll Tossed Salad Cottage Cheese w/ fruit	14 Meatloaf Mashed Potatoes w/ gravy Cider Carrots Bread Green Salad Lemon Bar	15 Meatloaf Mashed Potatoes w/ gravy Cider Carrots Bread Green Salad Lemon Bar	16 Broccoli & Ham Quiche Texas Toast Green Salad Banana Cinnamon Roll	17 Chicken Noodle Soup Crackers Chef Salad Strawberry Cake
20 Mongolian Beef Lo Mein Noodles Egg Roll Asian Slaw Apricots Fortune Cookie	21 Lamb Burger Gnocchi Spinach Cucumber & Tomato Salad Cookie	22 Ham Sweet Potato Broccoli & Cheese Biscuit Cranberry Slaw Apple Pie	23 Ham Sweet Potato Broccoli & Cheese Biscuit Cranberry Slaw Apple Pie	24 Merry Christmas Closed 
27 Beef Tacos Pinto Beans Rice Fruit Salad Chocolate Cake	28 Fish Sandwich Mac & Cheese Green Beans Slaw Fruit Parfait	29 Chicken & Rice Casserole Broccoli Wheat Roll Carrot Salad Brownie	30 Chicken & Rice Casserole Broccoli Wheat Roll Carrot Salad Brownie 30	31 Black-eyed Pea Stew Collards Cornbread Tossed Salad Banana Peach Cobbler w/ Ice-cream

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