



FEBRUARY

SENIOR SCOOP

News and Views from the Council on Aging

January 2022

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It's February and that means time for Love! But did you know there are 8 types of love? That's right, according to Ancient Greeks there are 8 types of love!

1. Phila –affectionate love, love between friends, “brotherly love”
2. Pragma –enduring love, grows over time, instead of “falling in love” you are “standing in love”
3. Storge –familiar love, naturally occurring love rooted in parent/child relationships
4. Eros - romantic love, passionate love displayed though physical affection
5. Ludus –playful love, flirtation, laughter and fun
6. Mania –obsessive love, an imbalance of love leading to jealousy and possessiveness
7. Philautia –self love, recognizing self worth and personal needs
8. Agape –selfless love, unconditional and empathetic

I wish you bushels of Love this month!



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.

Moods and Emotions

AFRAID
AGITATED
ANGUISH
BLUE
BORED
CHEERY
DARK
DOWN
DREAD
EDGY
ELATION
FURIOUS
GENIAL
GLOOMY
GROUCHY
HELPLESS
HOPEFUL
HUMILIATED
HURT
IRKED

JADED
JOVIAL
LONELY
LOVE
MELLOW
MERRY
MISERY
OFFENDED
ORNERY
PANIC
PEACEFUL
PLEASED
REMORSE
SOMBER
SUNNY
SYMPATHY
UNEASY
UPBEAT
WEARY

Find and circle all of the words that are hidden in the grid. The remaining 12 letters spell an additional word.

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

Sudoku

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

Complete and submit these puzzles for a free RCCOA lunch.

Events and Activities...

more on page 9.

Tea and Talk Social

Thursday, February 10th
12:30pm, Stmbt



LOVE STORIES!

Everyone has a story to share. Bring your tea cup. Share your love story and listen to others.

Underground Railroad - Music and Codes of the Quilts Presented by:

Hedy Davis and Ellyn Myller
Tuesday, February 22nd, 12:30
Steamboat Community Center



The symbols used in quilt making often have a complicated or unknown history. We know them today as the designs that make antique quilts so special and unique. But, there are those who have long taken for granted that the symbols used in quilts of the South during slavery were actually used as secret messages for slaves escaping on the Underground Railroad.

Movie and Popcorn "Harriet"

Monday, February 28th, 12:30
@ the Steamboat
Community Center

From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.



Caregiver Support Group

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



The 2nd Tuesday of each month, 10:30 am
Steamboat Springs Community Center
February 8th, March 8th, April 12th

- 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

alzheimer's  association®

A Day Trip to Craig

Wed., February 16th 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.

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.

Happy Groundhog Day!

February 2nd

46 Days until the first day
of Spring (March 20th)!



RCCOA offices and meal sites will be **closed Monday, February 21st** in observance of President's Day.

Frozen meals are available prior to holiday closures. Please let Ellyn know if you would like an additional frozen meal.

Date Nutrition Facts and Health Benefits

By Barbie Cervoni MS, RD, CDCES, CDN Medically reviewed by Mia Syn, MS, RDN

Dates (the kind you eat 🍯) are one of nature's sweetest treats. Their high sugar content may have you wondering whether dates are considered a healthy choice. Dates are definitely sweet, but as a fruit, they also provide beneficial micronutrients and some fiber. You may want to consume dates in moderation, but they are by no means an empty-calorie food.

Date Nutrition Facts

One date (8g) provides 23 calories, 0.2g of protein, 6g of carbohydrates, and 0g of fat. Dates are a good source of potassium, magnesium, and iron.

Health Benefits

The micronutrients and plant compounds in dates are associated with several promising health benefits.

Protects Against Cancer

Dates contain antioxidant and anti-inflammatory properties that are associated with cancer prevention. Upon testing date extract, researchers have found impressive free-radical scavenging ability and antitumoral activity.⁴

Supports Heart Health

Dates provide potassium, an essential electrolyte for the cardiovascular system. Potassium has well-established effects on reducing high blood pressure. Dates are also very low in sodium and provide some fiber.⁵ All three of these factors support the consumption of dates for heart health.

Promotes Strong Bones

Dates contain magnesium, which is important in bone formation. Magnesium deficiency is associated with a higher risk of osteoporosis.⁶ Obtaining magnesium from food sources rather than from supplements is preferred as it reduces the risk of toxicity. Furthermore, the iron from dates helps supply healthy bone marrow stores.⁷



For more information and the complete article on dates visit

<https://www.verywellfit.com/dates-nutrition-facts-calories-and-their-health-benefits-4110158>

Thank You Donors! Donations Received December 2021

| | | | |
|---------------------------|-----------------------------|--------------------------|----------------------------|
| Kathleen Alexander | Delectable Mountain | Tom and Dawn Lillie | Don and Laura Shindler |
| Julie Alkema | Quilters Guild | Julie Lind | Barbara and John Shipley |
| Marc and Claire Allinson | George Detwiler | Robert and Valerie Lish | Tom and Elaine Sigman |
| Anonymous | Cher and Dan Dooley | Brian MacPhail | Gail Sigman in honor of |
| Anonymous | Pinky and Steve Downs | Kristine McAfee | Jane Romberg |
| Anschutz Family | William and Judy Emerson | Murry McCaig | Diana Simon |
| Foundation | Ralph Farrington | Jim McGee | Emmett and Louise |
| Nadine Arroyo | Bridget and Paul Ferguson | McGinnis Family Fund of | Stafford |
| James Artz | Gil Fifield | the Yampa Valley | Toby Stauffer |
| Russell and Carol Atha | Sherrie Ford | Community Foundation | Steamboat Group Fund |
| A.V. Hunter Trust | Patricia Froening | Skyler McKinley | Steamboat Tai Chi |
| Barbara Backurz | James Garrecht | Scot and Ann Mitchell | Rozanne Steinhoff |
| Cindy Balin | Donna Garth | Carol Moore | Stephen Stefanelli |
| Ernest and Pat Bayer | Katherine and Ralph | Sandra and Michael Moore | James Stegmaier |
| Barbara Birdsall | Gourley | Sandra Morrison | Arianthe Stettner |
| George Blau and Linda | Pam Graham | Jay and Anne Muhme | Rick and Lynne Stinchfield |
| Miller | Kimberlee Graves | Kathleen Murphy | Tom and Barbara Swissler |
| Ben and Lindsey Blonder | Thomas Graves | Jeff and Judy Nelson | Elizabeth Taintor |
| Robert Boyd | Scott and Jennifer Grosjean | Candace Noriega | Beth Taylor |
| Frank and Clara Bradley | Joan Heimbach | Ronald Norton | Marion Tolles |
| Mary Brassel | Christie Herbert | Barbara O'Connor | Patricia Tormey |
| Bridge Players Benevolent | Michael and Deanna Hines | Todd and Kathryn | Cheryl Trank |
| Fund | Nancy Holden | Pedersen | David and Shannon Tridle |
| Harmon "Buck" Buckland | Grace Holt | Janis Petry | Gwen Tudor |
| Business for Isness | Edith Hornik | Karen Pigler | Lana Turner |
| Foundation | Cynthia Indorf | Chuck and Maria Porter | Leonarda VanDerWerf |
| Patsy and Ted Carleton | Randy Kelley | Thomas Pratt | Martha VanHorn |
| A Family member in honor | Ellen Kendall | Debra Proper | Catherine Voorhees |
| of Raymond Carleton | Bill Kennedy | Molly and Louis Raphael | Rebecca Wattles |
| Central Park Management | Selina Koler | Jean Ray | Lindy and Earl Weintraub |
| Sandra Conlin | Keith and Stacey Kramer | Gabriela Riegler | Nancy Westphale |
| Brad Craig | Bill and Carolyn Krueger | Angela Robinson | Steve and Pam Williams |
| Debora Castro | Laurie Kuelthau | Barbara Robinson | Karen Wogsland and Linda |
| Tania and Chuck Coffey | Hudson Labaree | Janie Romick | Pratt |
| Susan and Kelly Colfer | Glenn and Barbara | Barb and Jim Ross | Yampa Valley Electric |
| Colorado Group Realty | Lamoree | Lola Schlapkohl | Foundation Operation |
| Hedy Davis | Jean and David Levine | Thomas Schlicht | Roundup |
| Lynn and Bill Davis | Janet and Keith Liefer | Jeanne Schrettnr | Susan and Mark Young |
| Penelope Deihl | Vicki and Andrew Light | Susan Scott | Isabelle Yurevitch |

December Donations in Memory of ...

Anders Anderson in memory of Nils Anderson
 Ann Snow Curry in memory of Barbara Ann Snow
 Eclipse Window Tinting in memory of Len and Betty Voigt
 Eclipse Window Tinting in memory of Richard Hetrick
 Donna Mae Hoots in memory of Lloyd and Evelyn Monger
 Pegi Simmerman in memory of Wayne Simmerman "The Snake Man"
 Thomas and Robin Tucker Jr. in memory of Tanna Brock
 Meg Tully in memory of Joe Tully
 Wright family in memory of Tammy Bradshaw



Special Announcements...

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

“Helping Hands” - Companion Care and Non-Medical Home Care

Do you need a little extra help on a weekly basis. Companion care, light house keeping, laundry, shopping, and meal prep are examples of non-medical services we will be providing. Services will be available for a suggested donation of \$15/hour. Please call Ellyn with questions or to schedule an assessment.

970.879.0633 xt. 4



To see photos, updates, and more:
“Like” us on Facebook



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.

A Special Thank You to All of our Volunteers

Joanna Allison
Ben Blonder
Ashley Demos
Tracy Detwiler
Jane Hannon
Lisa Lancaster
Marjorie Layman
Jean Levine
Lynne Marr
Stacey Rogers
Cat Schaffrick
Rozanne Steinhoff
Stone Soup Kitchen
Beth Taylor
Shea Wright

Mike Berdine
Lindsey Blonder
George Detwiler
Dan Emert
Beth Kuczkowski
Jay Layman
Susie Lee
Julie Lind
Sandi Poltorak
Tosia Sauter
Don Sperry
Chris Stillwell
Tom Swissler
Nancy Trimmer
Annette Zuber

AARP Foundation Tax-Aide Services

Tax Aide Volunteers will begin providing **free tax preparation assistance** to Routt and Moffatt County residents beginning February 24th through April 14th on Thursdays and Saturdays by appointment only at the Steamboat Springs Community Center.



Tax Aide Volunteers are trained and certified by the Internal Revenue Service. Our trained volunteers will offer free tax return preparation to anyone who needs it, regardless of age or income as long as it is stays within the scope of tax law and policies set by the IRS and AARP Foundation.

Please visit <https://yvcf.org/northwest-colorado-tax-aid/> for more information and to learn how to sign up.
or call 970-736-7080 to leave a message
or email NWtaxaide@gmail.com. A volunteer will reply as soon as possible.

Due to the current volume of Meals on Wheels delivered each day, **we request 1 week notice for additions or changes to your meal delivery schedule.** Please call 970.879.0633 xt 4 for meal delivery requests or changes.

Seeking a volunteer interested in leading craft projects.

Are you creative and want to share and lead others in a variety of creative projects. RCCOA will provide supplies, we are looking for someone to lead a craft project once a month. Contact Ellyn if you are interested. ellyn@rccoaging.org or 970-879-0633



CURRENT SERVICES OF RCCOA



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. See menu and days of service on page 10.

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 1 week 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)

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 48 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 48 hours for shopping and delivery. We will present a receipt and collect payment upon delivery. Call 970.879.0633 for more information.

Helping Hands - new service**

Non-medical home care services and companion care

Available for people who need a little extra help on a weekly basis.

Companion care, light house keeping, laundry, shopping, and meal prep are examples of non-medical services we will be providing. Services will be provided for a suggested donation of \$15/hour. Please call Ellyn with questions or to schedule an assessment. 970.879.0633 xt 4



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

February 2022

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

FEBRUARY EVENTS AND ACTIVITIES, cont.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 31 Movie and Popcorn - Stmbt 12:30 Wellness Nurse – 10:30 S.R. | 1 | 2 Bingo –S.R. 12:30  | 3 Knitters Circle- Stmbt 1:30 | 4 Bingo –Stmbt 12:30 |
| 7 | 8 Caregiver Support Group –Stmbt 10:30 | 9 Bingo –S.R. 12:30 | 10 Tea and Talk Social- Stmbt 12:30 Knitters Circle-Stmbt 1:30 | 11 Bingo –Stmbt 12:30 |
| 14  | 15 | 16 Bingo –S.R. 12:30 Shuttle to Craig | 17 Knitters Circle- Stmbt 1:30 | 18 Bingo –Stmbt 12:30 Bingo –Hayden Congregational Church 10am - 1pm |
| 21 President's Day All Sites Closed | 22 Underground Railroad - Music and Codes of the Quilts | 23 Bingo –S.R. 12:30 | 24 Knitters Circle- Stmbt 1:30 Tax Assistance –by appointment | 25 Bingo –Stmbt 12:30 |
| 28 Movie and Popcorn - Stmbt 12:30 Wellness Nurse – 10:30 S.R. | 1 | 2 Bingo –S.R. 12:30 | 3 Knitters Circle- Stmbt 1:30 Tax Assistance –by appointment | 4 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 |
| 31 Open-faced Pork Sandwich Mashed Potatoes Spinach Tossed Salad Grapes Carrot Cake | 1 Honey Chicken Sweet Potatoes Mixed Vegetables Roll Tossed Salad Orange Cake | 2 Beef & Barley Soup Egg Salad Sandwich Salad Banana Lemon Bar | 3 Beef & Barley Soup Egg Salad Sandwich Salad Banana Lemon Bar | 4 Shrimp Scampi Zucchini Tomato Medley Garlic Bread Caesar Salad Orange Banana Cake |
| 7 Oven Fried Chicken Mash potatoes Corn Biscuit Toss salad Orange Ice Cream | 8 Pot Roast Roast Potatoes Green beans Roll Tossed salad Mandarin Orange Pineapple Cake | 9 Pot Roast Roast Potatoes Green beans Roll Tossed salad Mandarin Orange Pineapple Cake | 10 Cheesy cauliflower soup Grilled cheese Toss salad Apple Strawberry shortcake | 11 Pork Chop Baked apples Broccoli Wheat roll Tossed salad Cookie |
| 14 Salmon Pattie Rice Mixed veggies Roll Tossed salad Raisin nut cake | 15 Chicken marsala Gnocchi Beets Salad Garlic bread Orange Pudding | 16 Chicken marsala Gnocchi Beets Salad Garlic bread Orange Pudding | 17 Braised beef Noodles Squash Wheat roll Spinach salad Blueberry pie | 18 Chef salad Split pea soup Crackers Grapes Peanut butter cookie |
| 21 President's Day CLOSED | 22 Pork ribs Onion rings Mixed vegetables Wheat roll Tossed salad Chocolate chip cookie | 23 Pork ribs Onion rings Mixed vegetables Wheat roll Tossed salad Chocolate chip cookie | 24 London broil Baked potato Beets Biscuit Tossed salad Peach crisp | 25 Chicken broccoli alfredo Fettuccini Caesar salad Italian bread Cherry cobbler |
| 28 BBQ chicken Sweet potato Mixed vegetables Wheat roll Spinach salad Orange sherbet | 1 Jambalaya Rice Tossed salad Roll Orange Blueberry crisp | 2 Jambalaya Rice Tossed salad Roll Orange Blueberry crisp | 3 Black bean casserole Spinach Tortilla Tossed salad Banana Cookie | 4 Shepherds pie Broccoli Garlic bread Spinach salad Banana Chocolate cream pie |

**Please call 970-879-0633 1 week in advance to request a meal delivered
or 24 hours in advance to make a reservation for a meal site.**