

JANUARY SENIOR SCOOP

News and Views from the Council on Aging

January 2022

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ROUTT COUNTY
COUNCIL ON AGING

A Kinder World Takes All of Us.

With the start of a new year, I have been reflecting on the past 2 years. There have been so many struggles around the world, in our own neighborhoods and sometimes our own homes. The world sometimes seems like a dark place filled with conflict, fear and unrest, but I find that focusing on what I can impact helps me to feel better. I find that kindness can make a great impact.

“Kindness is a simple concept, yet so very impactful. It can make the world a better place. Kind acts benefit the giver and the receiver, and are also likely to be “paid forward”, having a ripple effect.”
from BE KIND –One Week At A Time, by Melissa Burmester and Jaclyn Lindsey.
Kindness is defined as a type of behavior marked by acts of generosity, consideration, or concern for others, without expecting praise or reward.

I encourage everyone to experience a year of kindness, one week at a time. Let's change our world!

April Sigman
RCCOA, Executive Director

No act of kindness, no matter how small, is ever wasted.

—Aesop

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.

Happy New Year

APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE
 DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS

HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION
 PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW

Find and circle all of the words that are hidden in the grid. The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

“Split Words”

Form as many whole words as you can from the fragments below. Combine 2 or 3 fragments to make words. Fragments may be used more than once.

syl	la	po	met	cy
pha	tics	gram	ref	ut
la	chron	ry	sa	ad
ic	a	al	glos	syn
sty	quen	gin	phor	man
re	pres	tion	o	so
se	ter	con	er	sion
jec	or	lis	bet	trans

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Complete and submit these puzzles for a free RCCOA lunch.

Events and Activities...

more on page 9.

Tea and Talk Social

Thursday, January 13th

12:30pm, Stmbt

What GOALS
and
ASPIRATIONS
do you have?

Bring your tea cup and your goals to share.



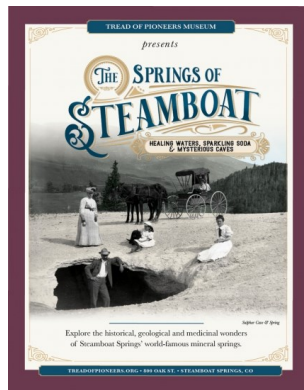
The Tread Of Pioneers Museum

Thursday, January 25th 1:00pm

Current Exhibit: The
Springs of Steamboat,
Healing Waters, Sparkling
Soda and Mysterious
Caves

Ride with RCCOA shuttle
or meet us there.

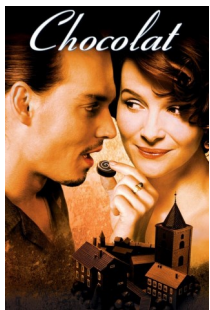
Admission is free to Routt
County residents with ID.
Masks are required in the museum.



Movie and Popcorn (and Chocolat!)

Monday, January 31st, 12:30

@ the Steamboat Community Center



A French woman and her young daughter open up a chocolate shop in a small remote village that shakes up the rigid morality of the community. Starring Johnny Depp and Juliette Binoche.

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
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

alzheimer's  association®

A Day Trip to Craig

Wed., January 19th 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.



RCCOA offices and meal sites will be **closed Monday, January 17th** in observance of the birthday of Martin Luther King Jr.

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



Dehydration Can Get Ugly -What is DEHYDRATION?

Dehydration is a condition when the body does not have enough water to carry on normal functions. Dehydration is a health risk, especially for the very young and the very old. A 20% loss of water is life-threatening. Mild dehydration over time has been linked with increased cancer risk, reduced salivary gland function, kidney stones, and even fatal heart attacks.

Symptoms of Dehydration Include:

- | | | |
|-------------------------------------------------------|-----------------------------|------------------|
| -Excessive Thirst | -Fatigue | - Headache |
| -Muscle weakness | -Dizziness | - Nausea |
| -Labored breathing | -Constipation | -Lightheadedness |
| -Dry mouth, lips and skin | -Increased Body Temperature | |
| -No urination or a small amount of dark yellow urine* | | |



*If you are properly hydrated, urine should be clear to pale yellow. You should urinate every 2 to 3 hours.

Prevent DEHYDRATION: Drink Water

Choose water as your primary beverage. It is usually inexpensive and readily available. Water is also thirst quenching, contains no calories, fat, cholesterol, or caffeine, and is low in sodium.

Water's other benefits include:

- | | |
|-----------------------------|----------------------------------------------|
| -Prevents dehydration | -Regulates body temperature to about 98.6° F |
| -Reduces fluid retention | -Carries nutrients and oxygen to the cells |
| -Helps prevent constipation | -Cushions joints |
| -Helps strengthen muscles | -Provides moisture to skin and other tissues |

On an average day, a healthy adult needs 8 – 12 cups of fluid.

For more information:

http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/special_needs



Thank You Donors!

Donations Received November 2021

Julie Alkema
Benjamin Blonder
Tom and Pauline Bouchard
Bridge Players Benevolent Fund
Bridging the Gap
Patricia Carney
City Market
Yvonne Connett
Pam Duckworth
Thomas Graves
Bill Higby



Selina Koler
Jim McGee
The Porches Homeowners
Dave Reid
Steamboat Bridge Players
Steamboat Springs Rotary Club
Endowment of the Yampa Valley
Community Foundation
Steamboat Tai Chi
Rozanne Steinhoff
Leonarda VanDerWerf

Vi Look in memory of Gene Cook and Barbara Hudspeth



THANK YOU CITY OF STEAMBOAT!

The city of Steamboat Springs provides the use of the community center at no cost for RCCOA programs. This is vital for RCCOA, amounting to over \$30,000 annually in in-kind donations. Thank you city of Steamboat Springs!

THANK YOU ROUTT COUNTY!

Routt County purchases, maintains and fuels the shuttle busses for our transportation program. That is about \$20,000 annually in addition to the cost of purchasing the busses! We couldn't run this program without the support of Routt County and the county commissioners. Thank You!!

THANK YOU COLORADO!

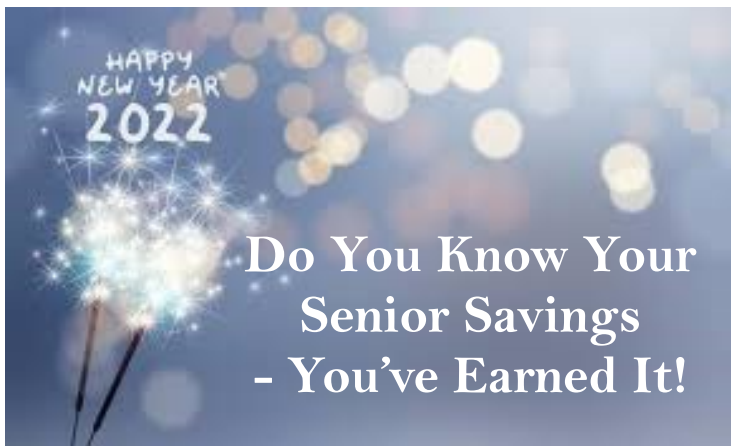
CO Gives Day was a HUGE success! We raised over \$17,000 in 24 hours! Thank you so much to everyone who donated. Your donation will greatly support Routt County seniors. Thank you Colorado!

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
Chris Stillwell
Stone Soup Kitchen
Tom Swissler
Beth Taylor
Nancy Trimmer
Shea Wright
Annette Zuber



Senior Citizen Property Tax Deferral.

Apply at the County Assessors' office or online @ <http://www.co.routt.co.us/659/Tax-Deferral-Information> if you are 65+ and have resided in your home 10+ years.

\$200 City of Steamboat Springs Sales Tax Rebate. Apply at City Hall if you are 62+ and have resided in the city for the year in which you are applying.

LEAP Energy Assistance. LEAP is a federally funded program that helps eligible Colorado seniors pay a portion of their winter home heating costs. Find out more @ <https://www.colorado.gov/pacific/cdhs/leap>.

Sarah Dawn Design

HAVE hope
TRY new things
BE active
SEE the good
SAY "I Love You," more
CHALLENGE yourself
CHOOSE to be happy
EAT better
ENJOY today
FORGIVE more readily
READ more often
BECOME your best you



Special Announcements...

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



"Helping Hands" - Companion Care and Non-Medical Home Care

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

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.** Thank you in advance for giving us plenty of notice. Please call 970.879.0633 xt 4 for meal delivery requests or changes.

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.

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. Services will be provided 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



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

January 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

JANUARY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Bingo –S.R. 12:30	6 Knitters Circle- Stmbt 1:30	7 Bingo –Stmbt 12:30
10	11 Caregiver Support Group –Stmbt 10:30	12 Bingo –S.R. 12:30	13 Tea and Talk Social- Stmbt 12:30 Knitters Circle-Stmbt 1:30	14 Bingo –Stmbt 12:30
17 Martin Luther King Jr. Day All Sites Closed	18	19 Bingo –S.R. 12:30 Shuttle to Craig	20 Knitters Circle- Stmbt 1:30	21 Bingo –Stmbt 12:30 Bingo –Hayden Congregational Church 10am - 1pm
24	25	26 Bingo –S.R. 12:30	27 Tread of Pioneers Museum –1:00 Knitters Circle- Stmbt 1:30	28
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

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
3 Pork Cabbage Roll Veggie Roll Fruit Pie	4 Flank Steak Mashed Potatoes Carrots Italian Bread Chocolate Cupcake	5 Flank Steak Mashed Potatoes Carrots Italian Bread Chocolate Cupcake	6 Monterey Chicken Roasted Potatoes Mixed Vegetables Roll Tossed Salad Orange Cheesecake	7 Quesadilla Refried Beans Mexican Salad Banana Orange Jello
10 Beef Lo Mein Vegetable Stir Fry Asian Salad Orange Fortune Cookie	11 Pork Roast Cornbread Casserole Kidney Beans Spinach Salad Strawberries & Cream	12 Pork Roast Cornbread Casserole Kidney Beans Spinach Salad Strawberries & Cream	13 Cod & Orzo Broccoli Spinach Salad w/Mandarin Oranges Strawberry Shortcake	14 Chicken Enchilada Spanish Rice Refried Beans Tossed Salad Lemon Bar
17 Martin Luther King Day All Sites Closed	18 Chicken w/Mushroom Sauce Garlic Mashed Potatoes Mixed Vegetables Roll Oatmeal Cookie	19 Chili Cornbread Tossed Salad Fruit Cup Chocolate Pudding	20 Chili Cornbread Tossed Salad Fruit Cup Chocolate Pudding	21 Sausage Lasagna Spinach Asparagus Garlic Bread Fruit Salad w/walnuts Chocolate Pumpkin Cupcake
24 Beef Mac & Cheese Casserole Lima Beans Cauliflower Strawberries Chocolate Pie	25 Spinach Quiche Toast Slaw Fruit Cup Cinnamon Roll	26 Pork Loin Mashed Potatoes Mushroom Gravy Green Beans Biscuit Chocolate Cookie	27 Pork Loin Mashed Potatoes Mushroom Gravy Green Beans Biscuit Chocolate Cookie	28 Turkey/Cheese Sandwich Minestrone Soup Crackers Pineapple Cake
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

**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.**