



SENIOR SCOOP

News and Views from the Council on Aging

March 2022

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“The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes.”

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America, to raise awareness of senior hunger and to encourage action on the part of local communities. Routt County Council on Aging is proud to serve our local community. We are excited to expand our programs and assist older adults in living healthy, independent lives.

Staff

April Sigman

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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

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Ellyn Myller

Client Support Services

Greg O'Hara

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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.

Famous Artists

BASQUIAT
BOTTICELLI
CARAVAGGIO
CASSATT
CEZANNE
CHAGALL
DALI
DA VINCI
DEGAS
DELACROIX
GAUGUIN
GOYA
HOPPER
KAHLO
KANDINSKY
KLEE
KLIMT
MANET
MATISSE

MICHELANGELO
MONET
MUNCH
O'KEEFFE
PICASSO
PISSARRO
POLLOCK
RAPHAEL
REMBRANDT
RENOIR
RIVERA
RUBENS
SEURAT
TOULOUSE
LAUTREC
TURNER
VAN GOGH
VERMEER
WARHOL

Find and circle all of the artists that are hidden in the grid. The remaining letters spell a hidden message.

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

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.



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

Complete and submit these puzzles for a free RCCOA lunch.

Events and Activities...

more on page 9.

Get Crafty!

Thursday, March 3rd
12:30 pm, Stmbt

FREE!
*Supplies and
instruction
provided!*



Tea and Talk Social

Tuesday, March 8th
12:30pm, Stmbt

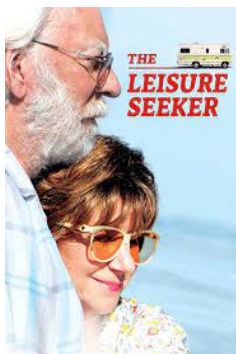


What world event do you remember most vividly? Where were you? What impact did it have on your life?

Movie and Popcorn

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

A runaway couple go on an unforgettable journey in the faithful old RV they call "The Leisure Seeker", travelling from Boston, Massachusetts to The Ernest Hemingway Home in Key West, Florida. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the end.



A Day Trip to Craig

Wed., March 23rd 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.

Cross a bridge (table) for challenging fun right here in Steamboat.

Tuesday, March 22nd 1:45 - 4:00pm
2 hours of fun, playing bridge and learning why the game is so popular.

Enjoy an afternoon of social bridge and find out how George Washington could govern a nation and still have time for games with friends. Scientists say games like bridge help keep your mind sharp and social connections improve your sense of well being.

Have we got your interest yet?

New players and returning players are welcomed, with or without a partner! RSVPs will help us know how many to expect.



Questions? Contact Sharon Smith 303-588-9856
bridgeinsteamboat@gmail.com www.SteamboatBridge.com

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



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
March 8th, April 12th, May 17th**

- 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

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.

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.

Don't Forget...



Sunday, March 13th

Thank You Donors! Donations Received January 2022

Julie Alkema
 Gary Anderson
 American Legion Post #44
 Michael and Diane Arsulich
 Ben and Lindsey Blonder
 Borden Endowment Fund of the Yampa Valley
 Community Foundation
 City of Steamboat Springs
 Copic Insurance on behalf of Dr. Brian Harrington
 Dressen-Davidaon Family Fund of the Yampa Valley
 Community Fund
 Ethelyn Foreman
 Tom Graves
 Diane Kelly
 Selina Koler
 Brent Libby
 Barbara Lokkesmoe

Vi Look
 Catherine Lykken
 Jim Mcgee
 Steve Otis
 Janis Petry
 Robert Pruett
 Barbara Quirk
 Holly Rogers
 Routt County
 Snow Country Construction
 Jim and Jo Stanko
 Steamboat Tai Chi
 Steamboat Treasures & Tees
 UCHealth Heart and Vascular
 Clinic Staff
 Leonarda VanDerWerf
 VFW Post #4264



January Donations in Memory of Katherine Gourley



Anita and James Balthaser
 James and Sandra Berger
 Bridge in Steamboat
 Pauline and Tom Bouchard
 Jean Coen
 Cathy DJ Edwards
 Kitty Ellison
 Christopher Godfrey
 Gloria James

Ladies Recreation Club
 Beverly Lehrer-Brennan
 Annabeth Lockhart
 Ty Lockhart
 Vi Look
 Shelley Luchini
 Catherine Lykken
 Hal and Anne Matthes
 Mike and Sandy Moore

Karen O'Connor
 David and Janet Panebaker
 Victor Serafy
 Pegi Simmerman
 Doug Smith
 John & Karen Sprengle
 Kathleen Cline and Carl Steidtmann
 Catherine Voorhees
 Patricia J Webb

A Special Thank You to All of our Volunteers

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

Seeking a volunteer interested in leading craft projects.

Are you creative and want to share and lead others in a variety of creative projects. We are looking for someone to lead a craft project once a month. RCCOA will provide supplies. 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. Lunch is served at noon.

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 around noon.

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.

Tax time creates a new season of giving to support Routt County seniors!

ReFund CO allows you to use your state income tax return to make a big difference in your community. If you're due a state income tax refund, this program gives you the opportunity to use some or all of it to directly support Routt County Council on Aging.

This program, promoted through the ReFUND CO awareness initiative, lets you choose where your donation goes. All you have to do is:

- Decide how much of your state income tax refund to donate (all or a portion of it).
- Enter Routt County Council on Aging and our registration number 20033003324 in the Donate to a Colorado Nonprofit Fund line on your state tax return or tax software – or just give this info to your tax preparer when you share your tax documents.

You can learn more details about the program at RefundWhatMatters.org.



**Join Us in Our Fifth Annual “Senior March”
at the Steamboat Springs
Historic Courthouse!
522 Lincoln Ave.,
Steamboat Springs, CO
Tuesday, March 15th at 11:30**



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

AGING WELL

March 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

MARCH EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28</p> <p>Movie and Popcorn - Stmbt 12:30</p> <p>Wellness Nurse – 10:30 S.R.</p>	<p>1</p>	<p>2</p> <p>Bingo –S.R. 12:30</p>	<p>3</p> <p>March Craft— Stmbt 12:30 Knitters Circle- Stmbt 1:30 Tax Assistance –by appointment</p>	<p>4</p> <p>Bingo –Stmbt 12:30</p>
<p>7</p> <p>Wyman Museum – shuttle leaving from Hayden</p>	<p>8</p> <p>Caregiver Support Group –Stmbt 10:30</p> <p>Tea and Talk Social- Stmbt 12:30</p>	<p>9</p> <p>Bingo –S.R. 12:30</p>	<p>10</p> <p>Knitters Circle- Stmbt 1:30 Tax Assistance –by appointment</p>	<p>11</p> <p>Bingo –Stmbt 12:30</p>
<p>14</p> <p>Probiotics, Making Yogurt –Libby C., CSU extension, 12:30 Stmbt</p>	<p>15</p> <p>March for Meals– Senior “March” at Steamboat Historic Courthouse – 11:00am</p>	<p>16</p> <p>Bingo –S.R. 12:30</p>	<p>17</p> <p>Knitters Circle- Stmbt 1:30 Tax Assistance –by appointment</p>	<p>18</p> <p>Bingo –Stmbt 12:30</p> <p>Bingo –Hayden Congregational Church 10am - 1pm</p>
<p>21</p> <p>“Fresh Conversations” - Healthy Living Discussion, 12:30 Stmbt</p>	<p>22</p> <p>“Is Bridge for Me?” -1:45 Stmbt</p>	<p>23</p> <p>Bingo –S.R. 12:30</p> <p>Shuttle to Craig</p>	<p>24</p> <p>Knitters Circle- Stmbt 1:30</p> <p>Tax Assistance –by appointment</p>	<p>25</p> <p>Bingo –Stmbt 12:30</p>
<p>28</p> <p>Movie and Popcorn - Stmbt 12:30</p> <p>Wellness Nurse – 10:30 S.R.</p>	<p>29</p>	<p>30</p> <p>Bingo –S.R. 12:30</p>	<p>31</p> <p>Knitters Circle- Stmbt 1:30</p> <p>Tax Assistance –by appointment</p>	<p>1</p> <p>Bingo –Stmbt 12:30</p>

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
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
7 Pork Cutlet Cauliflower/broccoli Kidney Beans Roll Tossed salad Oatmeal cookie	8 Beef Ribs Dirty Rice Green Beans Roll Coleslaw Banana Pudding	9 Beef Ribs Dirty Rice Green beans Roll Coleslaw Banana Pudding	10 Cajun Catfish Yams Hush Puppies Apple/Cranberry Coleslaw Cake	11 Chicken Noodle Soup Chef Salad Crackers Banana Orange Jello
14 Lasagna Spinach Garlic Bread Tossed Salad Chocolate Raspberry Cake	15 Smothered Baked Potato Broccoli & Cheese Bread Caesar Salad Pudding	16 Corned Beef & Cabbage Potato & Carrot Rye Bread Tossed Salad Green Chocolate Cake	17 Corned Beef & Cabbage Carrot & Potato Rye Bread Tossed Salad Green Chocolate Cake	18 Chicken Pot Pie Broccoli Biscuit Tossed Salad Strawberry Apple Sauce
21 Sesame Chicken Fried Rice Egg Rolls Asian Broccoli Salad Carrot Cake	22 Rueben Sauerkraut Peas Waldorf Salad Cheese Cake	23 Rueben Sauerkraut Peas Waldorf Salad Cheese Cake	24 BBQ Chicken Roast Potato Spinach Tossed Salad Cornbread Cookie	25 Tuna Noodle Casserole Peas Cornbread Pears & Orange Blueberry Pie
28 Pesto Pasta Zucchini Mushroom Medley Garlic Bread Tossed Salad Apple Pie	29 Sausage w/Red Beans Rice Cornbread Spinach Salad Fruit Pie	30 Sausage w/Red Beans Rice Cornbread Spinach Salad Fruit Pie	31 Rump Roast Mashed Potato w/ gravy Green Beans Tossed Salad Mandarin Orange Pineapple Cake	1 Pork Green Chili Corn Tortilla Mexican Salad Pineapple Oatmeal Cookie

**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. Lunch is served at noon.**