



SENIOR SCOOP

News and Views from the Council on Aging

April 2022

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We have been hosting a monthly tea and talk for about the last year. The theme for this month's tea and talk is "Growing Old-ER Gracefully." What does that mean and why is that the topic you might be asking? Ellyn (client support) wrote an article in the April 2018 newsletter. In it she lists 7 things she's learning along this journey. Join us on April 14th to talk about the other 6 items, or go hunt through your oldER newsletters!

#3. A.I.E. – Attitude Is Everything!
Everyone has valleys in life they have to travel and no doubt, they are hard. Remembering it won't be like this forever and counting the blessings along the way has been proven to change the way our brain works. What good thing am I learning in this process, how can this experience help me be a more compassionate, empathetic human? I'm not going to be done learning or making a difference even when I'm 80.



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ROUTT COUNTY
COUNCIL ON AGING

Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | www.rccoaging.org

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Old TV Shows

ALICE
 BEN CASEY
 BEVERLY
 HILLBILLIES
 CHIPS
 CANNON
 CAPTAIN KANGAROO
 DOBIE GILLIS
 DONNA REED
 DR. KILDARE
 EMERGENCY
 FLIPPER
 FLYING NUN
 FUGITIVE
 GOMER PYLE
 GOOD TIMES
 GREEN ACRES
 GREEN HORNET
 HOWDY DOODY
 I SPY
 IRONSIDE
 JETSONS

KOJAK
 L.A. LAW
 LASSIE
 LOVE BOAT
 MAD ABOUT YOU
 MAUDE
 MEDICAL CENTER
 MIAMI VICE
 MOD SQUAD
 MOONLIGHTING
 MURPHY BROWN
 ODD COUPLE
 PEYTON PLACE
 RAWHIDE
 RIFLEMAN
 RIN TIN TIN
 SOAP
 ST. ELSEWHERE
 TAXI
 THREE'S COMPANY
 WALTONS

Find and circle all of the tv shows that are hidden in the grid. The remaining letters spell the name of an additional tv show.

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

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

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.



Complete and submit these puzzles for a free RCCOA lunch.

Events and Activities...

more on page 9.

Tread of Pioneers

Oral History Interview with Nadine Arroyo

Monday, April 4th @ 12:30, Steamboat Community Center



Yampa Valley Fiberworks

Fiber Tour, Thursday, April 7th

Leaving Steamboat Community Center @ 12:15



Pottery Painting, Monday, April 25th

Leaving from Hayden

Space is limited. RSVP required.



Get Crafty with guidance from Hedy!

Tuesday, April 12th @ 12:30, Steamboat Community Center

FREE! Supplies and instruction provided.

Tea and Talk Social; Growing Older Gracefully

Thursday, April 14th, @ 12:30, Steamboat Community Center



A Day Trip to Craig

Wednesday, April 20th 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.

Brain Health: Building a Healthy Meal

Courtney VanTubbergen, NTP | Natural Grocers

Thursday, April 21st @ 12:30, Steamboat Community Center



Line Dancing Lessons with Scott Goodhart

3 Consecutive Tuesdays, beginning April 26th @ 2:00pm

\$4 per class or \$10 for all 3 classes with pre-registration



Special Announcements...

As of April 1st, our wonderful SHIP Medicare Assistance Program is under new coordination. It still has the same brilliant volunteers and convenient location in the Old Pilot building, but now you'll call 970-315-1329 or email JGlassman@NWCCOG.org for Medicare assistance.



On July 1st, your Area Agency on Aging, is changing as well. More details will be in the June newsletter, but Vintage will be your new Area Agency on Aging, serving older adults and caregivers in Routt, Jackson, Grand, Summit, Eagle, and Pitkin counties. Check out their website at www.yourvintage.org and stay tuned for more details and in-person presentations in June!

Save the Date... Thursday, May 19th

**The
Spring Fling
is back!!**



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
April 12th, May 10th, June 14th**

- 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

**Routt County Council on Aging is
thrilled with our 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



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 steamboatknitterscircle@gmail.com with any questions.

Thank You Donors! Donations Received February 2022

Julie Alkema
Anonymous
Anonymous
John Armiger
Michael and Janet Arroyo
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
City of Steamboat
Grace Compestine
Jim Cook
Joseph Doglio
Ethelyn Foreman

Selina Koler
Tom Graves
Erica Lindemann
Jim McGee
Charlotte Murdock
Irene Nelson
Marit Perkins
Janis Petry
Routt County
Cheryl Spahr
Steamboat Tai Chi
Town of Oak Creek
Leonarda VanDerWerf



Jane and Bud Romberg in Memory of Katherine Gourley



A Special Thank You to All of our Volunteers

Joanna Allison
Mike Berdine
Ben Blonder
Lindsey Blonder
Hedy Davis
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
Stephanie O'Reilly
Sandi Poltorak
Stacey Rogers
Tosia Sauter

Cat Schaffrick
Don Sperry
Chris Stillwell
Stone Soup Kitchen
Tom Swissler
Nancy Trimmer
Shea Wright
Annette Zuber



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

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.

STAY SAFE—AND SAVE WITH THE AARP SMART DRIVER COURSE

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 15 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

Take the all-new AARP Smart Driver course at Steamboat Springs Community Center on May 18th at 1:00pm. The classroom course costs \$20 for AARP members and \$25 for non-members. Space is limited, so register now by calling Karen at 970-846-0144.



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.



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

April 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

APRIL 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>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>
<p>4</p> <p>Tread of Pioneers: Oral history interview with Nadine Arroyo -Stmbt 12:30</p>	<p>5</p>	<p>6</p> <p>Bingo –S.R. 12:30</p>	<p>7</p> <p>Yampa Valley Fiberworks –12:15 Knitters Circle- Stmbt 1:30 Tax Assistance –by appointment</p>	<p>8</p> <p>Bingo –Stmbt 12:30</p>
<p>11</p>	<p>12</p> <p>Caregiver Support Group –Stmbt 10:30</p> <p>Get Crafty –Stmbt 12:30</p>	<p>13</p> <p>Bingo –S.R. 12:30</p>	<p>14</p> <p>Tea and Talk Social - Stmbt 12:30</p> <p>Knitters Circle- Stmbt 1:30</p>	<p>15</p> <p>Bingo –Stmbt 12:30</p> <p>Bingo –Hayden Congregational Church 10am - 1pm</p>
<p>18</p>	<p>19</p>	<p>20</p> <p>Bingo –S.R. 12:30</p> <p>Shuttle to Craig</p>	<p>21</p> <p>Brain Health: Building a Healthy Meal Stmbt 12:30</p> <p>Knitters Circle- Stmbt 1:30</p>	<p>22</p> <p>Bingo –Stmbt 12:30</p>
<p>25</p> <p>Wellness Nurse – 10:30 S.R.</p>	<p>26</p> <p>Line Dancing lessons –Stmbt 2:00pm</p>	<p>27</p> <p>Bingo –S.R. 12:30</p>	<p>28</p> <p>Knitters Circle- Stmbt 1:30</p>	<p>29</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 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
4 Chicken w/Rice Mixed Vegetables Rye Bread Tossed Salad Apple Banana Cream Pie	5 Pork Loin Au gratin Potatoes Cauliflower Wheat Roll Spinach Salad Dessert	6 Pork Loin Au gratin Potatoes Cauliflower Wheat Roll Spinach Salad Dessert	7 Beef Stew Sourdough Bread Spinach Salad w/ craisins Dessert	8 Shrimp & Grits Squash Biscuits Fruity Green Salad Chocolate Cream Pie
11 Pizza Salad w/Garbanzo Beans & Raisins Peanut Butter Bars	12 Meatloaf Mashed Potatoes Green Beans Wheat Roll Tossed Salad Apple Pie	13 Meatloaf Mashed Potatoes Green Beans Wheat Roll Tossed Salad Apple Pie	14 Cheese Ravioli Italian Vegetables Italian Bread Bean Salad Banana Pie	15 Broccoli Cheese Soup Turkey Salad Sandwich Cucumber Tomato Salad Crackers Dessert
18 Ham Scalloped Potatoes Green Beans Roll Carrot Salad Orange Dessert	19 Chicken Strips Sweet Potato Fries Mixed Vegetables Pasta Salad Banana Cheese Cake	20 Chicken Strips Sweet Potato Fries Mixed Vegetables Pasta Salad Banana Cheese Cake	21 Italian Wedding Soup Crackers Bean & Tomato Salad Dessert	22 White Clam Sauce Linguini Zucchini Bread Tossed Salad Key Lime Pie
25 Kielbasa Parsley New Potatoes Squash Garlic Bread Salad Dessert	26 Beef tips Mashed Potatoes Spinach Wheat Roll Green Salad Apple Dessert	27 Beef tips Mashed Potatoes Spinach Wheat Roll Green Salad Apple Dessert	28 Teriyaki Chicken Brown Rice Asian Vegetables Egg Roll Asian Salad Dessert	29 Lentil & Black Bean Soup Corn Bread Tossed Salad Fruit 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. Lunch is served at noon.