



# SENIOR SCOOP

## News and Views from the Council on Aging

May 2022

### Board of Directors

**Dean Vogelaar**

President

**Jim McGee**

Past President

**Jean Levine**

Vice President

**Becky Hammond**

Secretary

**Cindy Balin**

Treasurer

**George Detwiler**

**Steve Evans**

**Mary Kay Graver**

**Julie Lind**

**Janis Petry**

**Chris Stillwell**

**Cheryl Trank**

Spring is the time of year that I begin to feel very anxious. Anxious or excited or a little of both. That feeling of spring fever is very real and I'm excited for summer to come, but it seems to be taking forever to just get hot! How do I remedy that spring fever? By planting seeds! Oh yes, I've started some seeds too early (back in February) and started some more seeds in March. Recently I started to see the progress those little seedlings are making and I'm excited to get them in the ground (maybe next month)! Before long my little greenhouse in my home office will be outgrown and it will be time to transition plants to the deck. This year many of us have been sharing our green thumb stories and advice and have decided to have a tomato growing contest! Tomatoes can be grown in a garden, or in pots on a deck, so plant a tomato plant, enjoy the growing process, the benefits of gardening and join in the tomato competition this fall.

Spring is also the time for Spring Cleaning. The annual United Way Day of Caring is May 18th. If you need assistance with a project at your house please reach out to United Way by May 5th or contact me about projects you need help with later in the season.

Happy Spring!!

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

**Beth Taylor**

Helping Hands Assistant

**Meg Tully**

Grant Specialist

**Rozanne Steinhoff**

Steamboat Assistant

**Rebecca Wattles**

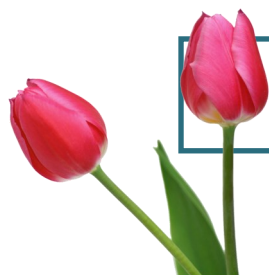
Hayden Assistant

**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.*



# Spring

ALLERGIES  
APRIL  
BASEBALL  
BEES  
CROCUSES  
CYCLAMENS  
DAFFODILS  
DANDELIONS  
EASTER  
EQUINOX  
FLOWERS  
FROGS  
GOLF  
GRASS  
GREEN

GROWTH  
IRISES  
LILIES  
MARCH  
MAY  
NEW LEAVES  
PLANTING  
RAIN  
RENEWAL  
ROBINS  
SEASON  
SNOWMELT  
SOFTBALL  
SPRING BREAK  
SPRING CLEANING  
TULIPS  
WARMER  
WET

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

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

## 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.



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

Complete and submit these puzzles for a free RCCOA lunch.

## Events and Activities...

more on page 4.

### Line Dancing Lessons with Scott Goodhart

2 more classes! Come join the fun!!

Tuesday, May 3rd and 10th @ 2:00pm \$4 per class



### Tea and Talk Social; Have you shared your ancestry?

Thursday, May 5th, @ 12:30, Steamboat Community Center



### Tread of Pioneers Museum, Monday, May 9th @ 1:00pm

Go behind the scenes of the Tread of Pioneers Museum with museum staff to see all of the artifacts being preserved in the collections care facility. Learn about preservation projects that are vital services for our community, provided by the museum. Transportation from RCCOA provided. Please RSVP 970.879.0633



### Get Your Creative Juices Flowing!

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

FREE! Supplies and instruction provided.



### A Day Trip to Craig

Wednesday, May 25th 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?

Open to all ages! Contact Joseph at

steamboatknitterscircle@gmail.com with any questions.

Thursdays from 1:30 - 3:00 @ the Steamboat Community Center



## You're Invited to the Spring Fling

Thursday, May 19th

11:30am - 1:00pm

The Routt County Council on Aging Spring Fling is back at the Steamboat Community Center. Celebrate spring with us and enjoy each others company! This year's event will feature a western BBQ theme.

\*Free Lunch with BBQ Brisket and all the fixings

\*Music, line dancing, photo booth

This event is free and open to all ages! Make your plans now to attend. For more information or to RSVP call 970-879-0633

**\*\*please note, Meals on Wheels WILL NOT be delivered this day and the Hayden meal site will be closed. Please plan to attend in person or request additional meals to be delivered on Tuesday.**



### 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 18 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. 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 AARP Smart Driver course at Steamboat Springs Community Center on June 14th, 1-5pm. The classroom course costs \$20 for AARP members and \$25 for non-members. Space is limited, so register now by calling Karen @ 970-846-0144.

As of April 1<sup>st</sup>, 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](mailto:JGlassman@NWCCOG.org) for Medicare assistance.



On July 1<sup>st</sup>, 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](http://www.yourvintage.org) and stay tuned for more details and in-person presentations in June!

# Alzheimer's Education Series, in partnership with Routt County Council on Aging (RCCOA)

3rd Tuesday of the month | 5:00 pm - 6:30 pm  
Routt County Council on Aging  
Steamboat Springs Community Center  
1605 Lincoln Avenue

**Join us for this series focused on  
Alzheimer's disease, caregiving,  
communication & more.**

**May 17th**

**The 10 Warning Signs of Alzheimer's**

**June 21st**

**Healthy Living for Your Brain & Body:  
Tips from the Latest Research  
with guest speaker Joanne Grace, Ph. D.**

**July 19th**

**Understanding Alzheimer's & Dementia,  
with guest speaker Dr. Tracy Vargas, *Neurologist***

**August 16th**

**Effective Communication Strategies**

**Presented by: Leigh Hull,  
Volunteer Community Educator**



## Caregiver Support Group

**RCCOA hosts the Alzheimer's  
Association Caregiver Support  
Group on the 2nd Tuesday of each  
month, 10:30 am, Steamboat  
Springs Community Center  
May 10th, June 14th, July 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](mailto:alhoffman@alz.org)**

## *Thank You Donors!* Donations Received March 2022

Julie Alkema  
Anonymous  
Ben and Lindsey Blonder  
Bridge in Steamboat  
Bridge Players Benevolent Fund  
City of Steamboat  
Ralph E Farrington  
Dennis Fisher  
Ethelyn Foreman  
Tom Graves  
Gary Haberlan  
Selina Koler  
Jim McGee  
Mountain Valley Bank



Mountain Tap Brewery  
Irene Nelson  
Janis Petry  
Bob Pruett  
Jane and Bud Romberg fund of the Yampa  
Valley Community Foundation  
Routt County  
Routt County United Way  
Anita Smith  
Steamboat Tai Chi  
Rozanne Steinhoff  
Leonarda VanDerWerf

Katie Fletcher in memory of Katherine Gourley  
Vi Look in memory of Dale Look

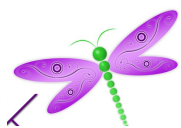


## A Special Thank You to All of our Volunteers

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



**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](mailto:ellyn@rccoaging.org) or call 970.879.0633 xt 4.**

# 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](mailto:bridgeinsteamboat@gmail.com). Call Penny for information about social bridge on Mondays 970.871.1750.

## AGING WELL

May 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](https://northwestcoloradohealth.org/agingwell) | 970-871-7676**

# MAY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  	3 Line Dancing lessons –Stmbt 2:00pm	4 Bingo –S.R. 12:30	5 Tea and Talk Social – Stmbt 12:30  Knitters Circle- Stmbt 1:30	6 Bingo –Stmbt 12:30
9 Tread of Pioneers Museum Tour - 1:00pm	10 Caregiver Support Group –Stmbt 10:30  Line Dancing lessons –Stmbt 2:00pm	11 Bingo –S.R. 12:30	12 Get Crafty –Stmbt 12:30  Knitters Circle- Stmbt 1:30	13 Bingo –Stmbt 12:30
16 Fresh Conversation, nutrition discussion –12:30 Stmbt	17 Alzheimer’s Education - Stmbt 5:00pm	18 Bingo –S.R. 12:30  United Way Day of Caring	19 Spring Fling –NO meals on wheels delivered, NO meal at Hayden dining site Knitters Circle- Stmbt 1:30	20 Bingo –Stmbt 12:30  Bingo –Hayden Congregational Church 10am - 1pm
23 Wellness Nurse – 10:30 S.R.	24	25 Bingo –S.R. 12:30  Shuttle to Craig	26 Knitters Circle- Stmbt 1:30	27 Bingo –Stmbt 12:30
30 Memorial Day All Sites Closed	31	1 Bingo –S.R. 12:30	2 Knitters Circle- Stmbt 1:30	3 Bingo –Stmbt 12:30

See page 3 and 4 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
2 Pork Chow Mein Lo Mein Egg Roll Asian Broccoli Salad Pineapple Cheesecake	3 Baked Dijon Salmon Rice Pilaf Peas Green Salad Orange Banana Cake	4 Baked Dijon Salmon Rice Pilaf Peas Green Salad Orange Banana Cake	5 Spaghetti & Meatballs Green Beans Garlic Bread Tossed Salad Peanut Butter Cookie Banana	6 Chicken Dumplings Tossed Salad/Snap Peas Crackers Oatmeal Cokie
9 Bean Burrito Spanish Rice Mexican Salad Squash Pineapple Cake	10 Pork Chop Stuffing Green Beans Tossed Salad Orange German Chocolate Cake	11 Pork Chop Stuffing Green Beans Orange German Chocolate Cake	12 Honey Glazed Chicken Roast Potatoes Broccoli Biscuit Fruit Salad Brownie	13 Cheeseburger Pie Peas Five Bean Salad Apple Orange Sherbet
16 Italian Sausage Peppers & Onions Roasted Potatoes Cabbage Roll Tossed Salad Chocolate Cream Pie	17 Crab Cake Hash Browns Carrots Wheat Roll Tossed Salad Lemon Pudding	18 Crab Cake Hash Browns Carrots Wheat Roll Tossed Salad Lemon Pudding	19 <b>SPRING FLING</b> BBQ Brisket Baked Potato Green Beans Spinach Salad Biscuit Pecan Pie	20 Chicken with Capers Pesto Noodles Asparagus Tossed Salad Garlic Bread Chocolate Cake
23 Chicken Drumsticks Au Gratin Potatoes Orange Carrots Biscuits Tossed Salad Chocolate Chip	24 Lasagna Spinach Garlic Bread Caesar Salad Orange Apple Pie	25 Lasagna Spinach Garlic Bread Caesar Salad Orange Apple Pie	26 Pot Roast Mashers Zucchini Roll Green Salad w/pears Chocolate Cream Pie	27 Broccoli Cheese Casserole Peas & Carrots Wheat Roll Tossed Salad w/ Raisins & Nuts Pineapple Cake
30 <b>CLOSED</b> <b>Memorial Day</b>	31 Smothered Chicken Burrito Spanish Rice Corn Mexican Salad Banana Ice Cream	1 Pork Ribs Sweet Potatoes Roll Cole Slaw Brownie	2 Pork Ribs Sweet Potatoes Roll Cole Slaw Brownie	3 Sloppy Joe Kidney Beans Cauliflower & Broccoli Tossed Salad Ice Cream Sandwich

**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.**